

# Child and Adult Care Food Program CHILD MEAL PATTERNS

<b>BREAKFAST</b>		<b>Age:</b>	<b>1 and 2</b>	<b>3 - 5</b>	<b>6 - 12</b>
	<b>Fluid Milk</b>		1/2 cup	3/4 cup	1 cup
	<b>Vegetable or Fruit or Juice*</b>		1/4 cup	1/2 cup	1/2 cup
	<b>Grains/Breads</b>	Whole grain, bran, germ or enriched	1/2 serving**	1/2 serving**	1 serving**
	<b>Cold Dry Cereal</b>	Whole grain, bran, germ enriched or fortified	1/4 cup (or 1/3 oz)	1/3 cup (or 1/2 oz)	3/4 cup (or 1 oz)
	<b>Cooked: Cereal, Rice, Pasta or Noodles</b>		1/4 cup	1/4 cup	1/2 cup
<b>SNACK</b>		<b>Age:</b>	<b>1 and 2</b>	<b>3 - 5</b>	<b>6 - 12</b>
	<b>Fluid Milk</b>	Select two of the four components***	1/2 cup	1/2 cup	1 cup
	<b>Vegetable or Fruit or Juice*</b>		1/2 cup	1/2 cup	3/4 cup
	<b>Meat or Meat Alternative</b>		1/2 ounce	1/2 ounce	1 ounce
	<b>Grains/Breads</b>		1/2 serving*	1/2 serving*	1 serving*
<b>LUNCH/SUPPER</b>		<b>Age:</b>	<b>1 and 2</b>	<b>3 - 5</b>	<b>6 - 12</b>
	<b>Fluid Milk</b>		1/2 cup	3/4 cup	1 cup
	<b>Meat or Poultry or Fish</b>	or alternate protein products ****	1 ounce	1 1/2 ounces	2 ounces
	<b>or Cheese</b>		1 ounce	1 1/2 ounces	2 ounces
	<b>or Cottage Cheese, Cheese Food/Spread</b>		2 ounces	3 ounces	4 ounces
	<b>or Egg</b>		1/2 egg	3/4 egg	1 egg
	<b>or Cooked Dry Beans or Peas</b>		1/4 cup	3/8 cup	1/2 cup
	<b>or Peanut or Soy nut or Sunflower Seed Butter or Peanuts, Soy nuts, Tree nuts or Seeds</b>		2 Tablespoons 1/2 ounce = 50%	3 Tablespoons 3/4 ounces = 50%	4 Tablespoons 1 ounce = 50%
	<b>or Yogurt...</b>		4 ounces or 1/2 cup	6 ounces or 3/4 cup	8 ounces or 1 cup
	<b>Vegetables and/or Fruits/Juice*</b> (Two or more servings)		1/4 cup total	1/2 cup total	3/4 cup total
	<b>Grains/Breads</b>		1/2 serving**	1/2 serving**	1 serving**
<p>*Full-strength (100 percent) vegetable and/or fruit juice must be served.</p> <p>**An equivalent serving of an acceptable grains/breads food component such as cornbread, biscuits, rolls, muffin, pizza crust etc. made of whole-grain, bran or germ product and/or enriched meal or flour.</p> <p>***For snack, juice may not be served when milk is served as the only other component. Also 2 food items from the same component cannot be served.</p> <p>****Alternate protein products must meet requirements in Appendix A of 7 CRR Part 226.</p>					

# Weights of Commercially Prepared Grains/Breads Child Nutrition Programs

Some of these foods or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

## GROUP A

Bread-type Coating  
Breadsticks (hard)  
Chow Mein Noodles  
Crackers (saltines and snack crackers)  
Croutons  
Pretzels (hard)  
Stuffing (dry)

1 serving = 20 gm or 0.7 oz

$\frac{3}{4}$  serving = 15 gm or 0.5 oz

$\frac{1}{2}$  serving = 10 gm or 0.4 oz

$\frac{1}{4}$  serving = 5 gm or 0.2 oz

## GROUP B

Bagels  
Batter-type Coating  
Biscuits  
Breads (white, wheat, whole-wheat, French, Italian)  
Buns (hamburger and hot dog)  
Crackers (graham and animal crackers)  
Egg Roll Skins  
English Muffins  
Pita Bread (white, wheat, whole-wheat)  
Pizza Crust  
Pretzels (soft)  
Rolls (white, wheat, whole-wheat, potato)  
Taco Shells  
Tortilla Chips (wheat or corn)  
Tortillas (wheat or corn)

1 serving = 25 gm or 0.9 oz

$\frac{3}{4}$  serving = 19 gm or 0.7 oz

$\frac{1}{2}$  serving = 13 gm or 0.5 oz

$\frac{1}{4}$  serving = 6 gm or 0.2 oz

<sup>1</sup> Refer to program regulations for the appropriate serving size for supplements served to children ages 1-5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1-5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

## GROUP C

Cookies<sup>3</sup> (plain)  
Corn Muffins  
Cornbread  
Croissants  
Pancakes  
Pie Crust (dessert pies<sup>3</sup>, fruit turnovers<sup>2</sup> and meat/meat alternate pies)

Waffles

1 serving = 31 gm or 1.1 oz

$\frac{3}{4}$  serving = 23 gm or 0.8 oz

$\frac{1}{2}$  serving = 16 gm or 0.6 oz

$\frac{1}{4}$  serving = 8 gm or 0.3 oz

## GROUP D

Doughnuts<sup>2</sup> (cake and yeast-raised, unfrosted)  
Granola Bars<sup>2</sup> (plain)  
Muffins (all except corn)  
Sweet Roll<sup>2</sup> (unfrosted)  
Toaster Pastry<sup>2</sup> (unfrosted)

1 serving = 50 gm or 1.8 oz

$\frac{3}{4}$  serving = 38 gm or 1.3 oz

$\frac{1}{2}$  serving = 25 gm or 0.9 oz

$\frac{1}{4}$  serving = 13 gm or 0.5 oz

## GROUP E

Cookies<sup>3</sup> (with nuts, raisins, chocolate pieces, and/or fruit purees)  
Doughnuts<sup>2</sup> (cake and yeast-raised, frosted, or glazed)  
French Toast  
Grain Fruit Bars<sup>2</sup>  
Granola Bars<sup>2</sup> (with nuts, raisins, chocolate pieces and/or fruit)  
Sweet Rolls<sup>2</sup> (frosted)  
Toaster Pastry<sup>2</sup> (frosted)

1 serving = 63 gm or 2.2 oz

$\frac{3}{4}$  serving = 47 gm or 1.7 oz

$\frac{1}{2}$  serving = 31 gm or 1.1 oz

$\frac{1}{4}$  serving = 16 gm or 0.6 oz

<sup>2</sup> Allowed for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.

## GROUP F

Cake<sup>3</sup> (plain, unfrosted)  
Coffee Cake<sup>2</sup>

1 serving = 75 gm or 2.7 oz

$\frac{3}{4}$  serving = 56 gm or 2.0 oz

$\frac{1}{2}$  serving = 38 gm or 1.3 oz

$\frac{1}{4}$  serving = 19 gm or 0.7 oz

## GROUP G

Brownies<sup>3</sup> (plain)  
Cake<sup>3</sup> (all varieties, frosted)

1 serving = 115 gm or 4.0 oz

$\frac{3}{4}$  serving = 86 gm or 3.0 oz

$\frac{1}{2}$  serving = 58 gm or 2.0 oz

$\frac{1}{4}$  serving = 29 gm or 1.0 oz

## GROUP H

Barley  
Breakfast Cereals (cooked)<sup>1</sup>  
Bulgur or Cracked Wheat  
Macaroni (all shapes)  
Noodles (all varieties)  
Pasta (all shapes)  
Ravioli (noodle only)  
Rice (enriched white or brown)

1 serving =  $\frac{1}{2}$  cup cooked  
or 25 grams (0.9 oz) dry

$\frac{3}{4}$  serving =  $\frac{3}{8}$  cups cooked  
or 19 grams (0.7oz) dry

$\frac{1}{2}$  serving =  $\frac{1}{4}$  cups cooked  
or 13 grams (0.5 oz) dry

$\frac{1}{4}$  serving = 2 tbs cooked  
or 6 grams (0.2 oz) dry

## GROUP I

Breakfast Cereals (cold, dry, ready-to-eat)<sup>1</sup>

1 serving =  $\frac{3}{4}$  cup or 1.0 oz,  
whichever is less

$\frac{1}{2}$  serving =  $\frac{1}{3}$  cup or 0.5 oz,  
whichever is less

$\frac{1}{4}$  serving =  $\frac{1}{4}$  cup or 0.3 oz,  
whichever is less

<sup>3</sup> Allowed only for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP and CACFP.