

# Meal Guidelines – Ages 1-12

Source: Child and Adult Care Food Program, USDA Food and Nutrition Service *Updated 9/25/00*  
[www.nal.usda.gov/childcare/Cacfp/index.html](http://www.nal.usda.gov/childcare/Cacfp/index.html)

## BREAKFAST

Food Components	Ages 1-2	Ages 3-5	Ages 6-12 <sup>1</sup>
<b>1 serving milk</b> fluid milk.....	½ cup.....	¾ cup.....	1 cup
<b>1 serving fruit/vegetable</b> juice <sup>2</sup> , fruit and/or vegetable....	¼ cup.....	½ cup.....	½ cup
<b>1 serving grains/bread<sup>3</sup></b>			
bread or.....	½ slice.....	½ slice.....	1 slice
Cornbread, biscuit, roll or muffin, or.....	½ serving.....	½ serving.....	1 serving
Cold dry cereal or.....	¼ cup.....	1/3 cup.....	¾ cup
Hot cooked cereal or.....	¼ cup.....	¼ cup.....	½ cup
Pasta, noodles or grains.....	¼ cup.....	¼ cup.....	½ cup

## LUNCH OR SUPPER

<b>1 serving milk</b> fluid milk.....	½ cup.....	¾ cup.....	1 cup
<b>2 servings fruit/vegetable</b> juice <sup>2</sup> , fruit and/or vegetable....	¼ cup.....	½ cup.....	¾ cup
<b>1 serving grains/bread<sup>3</sup></b>			
bread or.....	½ slice.....	½ slice.....	1 slice
Cornbread, biscuit, roll or muffin, or.....	½ serving.....	½ serving.....	1 serving
Cold dry cereal or.....	¼ cup.....	1/3 cup.....	¾ cup
Hot cooked cereal or.....	¼ cup.....	¼ cup.....	½ cup
Pasta, noodles or grains.....	¼ cup.....	¼ cup.....	½ cup
<b>1 serving meat/meat alternative</b>			
meat, poultry or fish <sup>4</sup> , or.....	1 oz.....	1½ oz.....	2 oz.
alternate protein product or.....	1 oz.....	1½ oz.....	2 oz.
cheese or.....	1 oz.....	1½ oz.....	2 oz.
egg or.....	½.....	¾.....	1
cooked dry beans or peas, or.....	¼ cup.....	3/8 cup.....	½ cup
nuts and/or seeds <sup>5</sup> , or.....	½ oz.....	¾ oz.....	1 oz.
Peanut or other nut or seed butters, or.....	2 tablespoons...	3 tablespoons...	4 tablespoons
Yogurt <sup>6</sup> .....	4 oz.....	6 oz.....	8 oz.

## SNACK: Choose 2 of the 4 components

<b>1 serving milk</b> fluid milk.....	½ cup.....	½ cup.....	1 cup
<b>1 serving fruit/vegetable</b> juice <sup>2</sup> , fruit and/or vegetable....	½ cup.....	½ cup.....	¾ cup
<b>1 serving grains/bread<sup>3</sup></b>			
bread or.....	½ slice.....	½ slice.....	1 slice
Cornbread, biscuit, roll or muffin, or.....	½ serving.....	½ serving.....	1 serving
cold dry cereal or.....	¼ cup.....	1/3 cup.....	¾ cup
hot cooked cereal or.....	¼ cup.....	¼ cup.....	½ cup
pasta, noodles or grains.....	¼ cup.....	¼ cup.....	½ cup
<b>1 serving meat/meat alternative</b>			
meat, poultry or fish <sup>4</sup> , or.....	½ oz.....	½ oz.....	1 oz.
alternate protein product.....	½ oz.....	½ oz.....	1 oz.
cheese or.....	½ oz.....	½ oz.....	1 oz.
egg or.....	½.....	½.....	½
cooked dry beans or peas, or.....	1/8 cup.....	1/8 cup.....	¼ cup
nuts and/or seeds, or.....	½ oz.....	½ oz.....	1 oz.
peanut or other nut or seed butters, or.....	1 tablespoon....	1 tablespoon....	2 tablespoons
yogurt <sup>6</sup> .....	2 oz.....	2 oz.....	4 oz.

### Footnotes

- Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.
- Fruit or vegetable juice must be full-strength. Juice cannot be counted as the second snack-item if the other snack-item is milk.
- Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.
- A serving consists of the edible portion of cooked lean meat or poultry or fish.
- Nuts and seeds may comprise only half of a meat/meat alternative serving and must be combined with another meat/meat alternative to fulfill the lunch or supper requirement.
- Yogurt may be plain or flavored, unsweetened or sweetened.