




# Meal Pattern Charts

Use the meal pattern charts to plan meals and snacks that include the right food components. Keep these charts in a convenient location and refer to them each time you plan a new menu.

## Meal Pattern Chart for Infants

0-3			4-7			8-11		
Breakfast	Lunch or Supper	Snack	Breakfast	Lunch or Supper	Snack	Breakfast	Lunch or Supper	Snack
<b>Infants Birth through 3 months</b>	4 to 6 fluid ounces (fl oz) breast milk <sup>1,2</sup> or formula <sup>3</sup>	4 to 6 fl oz breast milk <sup>1,2</sup> or formula <sup>3</sup>	<b>Infants 4 months through 7 months</b>	4 to 8 fl oz breast milk <sup>1,2</sup> or formula <sup>3</sup>	4 to 6 fl oz breast milk <sup>1,2</sup> or formula <sup>3</sup>	<b>Infants 8 months through 11 months</b>	6 to 8 fl oz breast milk <sup>1,2</sup> or formula <sup>3</sup>	2 to 4 fl oz breast milk <sup>1,2</sup> or formula <sup>3</sup> or fruit juice <sup>5</sup>
				0 to 3 tablespoons (Tbsp) infant cereal <sup>3,4</sup>	0 to 3 Tbsp infant cereal <sup>3,4</sup>		2 to 4 tablespoons (Tbsp) infant cereal <sup>3</sup>	2 to 4 Tbsp infant cereal <sup>3</sup> ; and/or 1 to 4 Tbsp meat, fish, poultry, egg yolk, cooked dry beans or peas; or 1/2 to 2 oz cheese; or 1 to 4 Tbsp cottage cheese, cheese food, or cheese spread; and
					0 to 3 Tbsp fruit and/or vegetable <sup>4</sup>		1 to 4 Tbsp fruit and/or vegetable	0 to 1/2 slice bread <sup>4,6</sup> or 0 to 2 crackers <sup>4,6</sup>

## Meal Pattern Chart for Children

Breakfast	Supplement (Snack)			Lunch or Supper							
	AGES	1-2	3-5	6-12	1-2	3-5	6-12				
	1 year through 2 years	3 years through 5 years	6 years through 12 years	1 year through 2 years	3 years through 5 years	6 years through 12 years	1 year through 2 years	3 years through 5 years	6 years through 12 years		
<b>MILK</b> Must be fluid milk	1/2 cup	3/4 cup	1 cup	<b>Select 2 of the 4 components shown. If you select milk as one of the components, you may <u>not</u> serve fruit juice as the other component.</b>			<b>MILK</b> Must be fluid milk	1/2 cup	3/4 cup	1 cup	
<b>VEGETABLE or FRUIT or JUICE<sup>1</sup></b>	1/4 cup	1/2 cup	1/2 cup	<b>MILK</b> Must be fluid milk	1/2 cup	1/2 cup	1 cup	<b>MEAT or MEAT ALTERNATE</b> Meat, poultry, or fish (cooked, lean meat without bone)	1 oz	1 1/2 oz	2 oz
<b>GRAINS/BREADS</b> A serving is a bread or bread alternate and/or cereal:				<b>MEAT or MEAT ALTERNATE</b> Meat, poultry, or fish (cooked, lean meat without bone)	1/2 oz	1/2 oz	1 oz	Cheese	1 oz	1 1/2 oz	2 oz
Bread, enriched or whole-grain	1/2 slice	1/2 slice	1 slice	Cheese	1/2 oz	1/2 oz	1 oz	Egg (large)	1/2	3/4	1
Cereal, enriched or whole-grain				Egg (large)	1/2	1/2	1/2	Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup
Cold dry cereal <sup>2</sup>	1/4 cup*	1/3 cup**	3/4 cup***	Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup	Peanut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp
or				Peanut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	Nuts and/or seeds <sup>1</sup>	1/2 oz	3/4 oz	1 oz
Hot cooked cereal	1/4 cup	1/4 cup	1/2 cup	Nuts and/or seeds <sup>1</sup>	1/2 oz	1/2 oz	1 oz	Yogurt, plain or sweetened <sup>2</sup>	4 oz	6 oz	8 oz
Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup	Yogurt, plain or sweetened <sup>2</sup>	2 oz	2 oz	4 oz	<b>VEGETABLE or FRUIT or JUICE<sup>3</sup></b> Serve two different vegetables and/or fruits to equal	1/4 cup	1/2 cup	3/4 cup
				<b>VEGETABLE or FRUIT or JUICE<sup>3</sup></b>	1/2 cup	1/2 cup	3/4 cup	<b>GRAINS/BREADS</b> A serving is a bread or bread alternate and/or cooked cereal:			
				<b>GRAINS/BREADS</b> A serving is a bread or bread alternate and/or cereal:				Bread, enriched or whole-grain	1/2 slice	1/2 slice	1 slice
				Bread, enriched or whole-grain	1/2 slice	1/2 slice	1 slice	Cooked cereal grains, enriched or whole-grain	1/4 cup	1/4 cup	1/2 cup
				Cereal, enriched or whole-grain	1/4 cup*	1/3 cup**	3/4 cup***	Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup
				Cold dry cereal <sup>4</sup>							
				or							
				Hot cooked cereal	1/4 cup	1/4 cup	1/2 cup				
				Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup				



## Meal Pattern Chart for Infants

- 1 It is recommended that breast milk be served in place of formula from birth through 11 months.
- 2 For some breastfed infants who regularly consume less than the minimum of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.
- 3 Infant formula and dry infant cereal shall be iron-fortified.
- 4 A serving of this component shall be optional.
- 5 Fruit juice shall be full-strength.
- 6 Bread and bread alternates shall be made from whole-grain or enriched meal or flour.



## Meal Pattern Chart for Children

### Breakfast

- 1 **If you are serving juice:** Try not to serve juice to meet the fruit/vegetable requirement too many times throughout the day. It may fill up the children and take the place of other needed nutrients.
- 2 **If you are serving cold dry cereal for breakfast:**
  - \* For ages 1 and 2 years, serve: 1/4 cup (volume) or 1/3 oz (weight), whichever is less.
  - \*\* For ages 3 through 5 years, serve: 1/3 cup (volume) or 1/2 oz (weight), whichever is less.
  - \*\*\* For ages 6 through 12 years, serve: 3/4 cup (volume) or 1 oz (weight), whichever is less.

### Supplemental Snack

- 1 **If you are serving nuts and seeds for a supplement (snack):**

*For determining combinations:*  
1 oz of nuts or seeds = 1 oz of cooked lean meat, poultry, or fish.

**CAUTION:** Children under 4 years of age are at the highest risk of choking. For this age group, USDA recommends that nuts and/or seeds be ground or finely chopped and served to children in prepared food.
- 2 **Commercially prepared yogurt is now permitted as a meat/meat alternate.** You may serve 4 oz (weight) or 1/2 cup (volume) of plain, sweetened, or flavored yogurt to fulfill the equivalent of 1 oz of the meat/meat alternate component. For younger children, 2 oz (weight) or 1/4 cup (volume) fulfills the equivalent of 1/2 oz of the meat/meat alternate requirement.
- 3 **If you are serving juice:** Try not to serve juice to meet the fruit/vegetable requirement too many times throughout the day. It may fill up the children and take the place of other needed nutrients.
- 4 **If you are serving cold dry cereal for a supplement (snack):**
  - \* For ages 1 and 2 years, serve: 1/4 cup (volume) or 1/3 oz (weight), whichever is less.
  - \*\* For ages 3 through 5 years, serve: 1/3 cup (volume) or 1/2 oz (weight), whichever is less.
  - \*\*\* For ages 6 through 12 years, serve: 3/4 cup (volume) or 1 oz (weight), whichever is less.



### Lunch or Supper

- 1 **If you are serving nuts and seeds for lunch or supper:** This portion can meet only one-half of the total serving of the meat/meat alternate requirement.
 

*For determining combinations:*  
1 oz of nuts or seeds = 1 oz of cooked lean meat, poultry, or fish.

**CAUTION:** Children under 4 years of age are at the highest risk of choking. For this age group, USDA recommends that nuts and/or seeds be ground or finely chopped and served to children in prepared food.
- 2 **Commercially prepared yogurt is now permitted as a meat/meat alternate.** You may serve 4 oz (weight) or 1/2 cup (volume) of plain, sweetened, or flavored yogurt to fulfill the equivalent of 1 oz of the meat/meat alternate component. For younger children, 2 oz (weight) or 1/4 cup (volume) fulfills the equivalent of 1/2 oz of the meat/meat alternate requirement.
- 3 **If you are serving juice:** Try not to serve juice to meet the fruit/vegetable requirement too many times throughout the day. It may fill up the children and take the place of other needed nutrients.

### Daily Reminders...

- Plan menus that meet CACFP requirements and post them for parents to see.
- Take daily attendance.
- Serve meals at your approved times.
- Keep accurate and timely meal counts.
- Write down any changes to your menu.
- Keep your records together in one place.
- Wash your hands and keep your food service area clean and sanitary.
- Wash fresh fruits and vegetables thoroughly.
- Have the children wash their hands before each meal.
- Display the *Building for the Future* poster and tell parents you participate in the CACFP.