

## Child Care Food Program Meal Pattern for Older Children

2022 – 2023

Breakfast (Select 3 Components)	Ages 1–2	Ages 3–5	Ages 6–12
Milk, fluid <sup>3</sup> unflavored only (must be offered)	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)
Vegetable, fruit, or both <sup>4</sup> (must be offered)	¼ cup	½ cup	½ cup
Grains <sup>6,8</sup> (Whole Grain-Rich (WGR) or Enriched Only) WGR or Enriched Bread OR Biscuit, roll, muffin, etc. OR Cooked breakfast cereal <sup>7</sup> , cereal grain, and/or pasta OR Ready-to-eat breakfast cereal (dry cold) <sup>7,8</sup> Flakes or Rounds Puffed cereal Granola OR Meat/meat alternate <sup>5</sup> (3 times per week max in place of breakfast bread/grain)	½ oz eq ½ oz eq ½ oz eq ½ oz eq ½ oz eq ½ oz eq ½ oz eq ½ oz	½ oz eq ½ oz eq ½ oz eq ½ oz eq ½ oz eq ½ oz eq ½ oz eq ½ oz	1 oz eq 1 oz eq 1 oz eq 1 oz eq 1 oz eq 1 oz eq 1 oz eq 1 oz
Lunch or Supper (Select All 5 Components)	Ages 1–2	Ages 3–5	Ages 6–12
Milk, fluid <sup>3</sup> unflavored only	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)
Vegetable <sup>4</sup>	⅛ cup	¼ cup	½ cup
Fruit <sup>4,9</sup>	⅛ cup	¼ cup	¼ cup
Grains <sup>6,8</sup> (WGR or Enriched Only) WGR OR enriched bread OR Biscuit, roll, muffin, etc. OR Cooked breakfast cereal <sup>7</sup> , cereal grain, and/or pasta	½ oz eq ½ oz eq ½ oz eq	½ oz eq ½ oz eq ½ oz eq	1 oz eq 1 oz eq 1 oz eq
Meat/Meat Alternates (M/MA) Lean meat, fish, poultry, cheese, tofu, soy, or alternate protein products <sup>10</sup> OR Egg (Large) OR Cooked dry beans or dry peas <sup>11</sup> OR Peanut butter, soy nut butter, or other nut or seed butters OR Peanuts, soy nuts, tree nuts, or seeds <sup>12</sup> OR Yogurt, plain or flavored, unsweetened or sweetened <sup>13</sup>	1 oz ½ egg ¼ cup 2 tbsp ½ oz ½ cup OR 4 oz	1½ oz ½ egg ⅜ cup 3 tbsp ¾ oz ¾ cup OR 6 oz	2 oz 1 egg ½ cup 4 tbsp 1 oz 1 cup OR 8 oz
Snacks (Select 2 of These 5 Components)	Ages 1–2	Ages 3–5	Ages 6–12
Milk, fluid <sup>3</sup> unflavored only	½ cup (4 oz)	½ cup (4 oz)	1 cup (8 oz)
Vegetable <sup>4</sup>	½ cup	½ cup	¾ cup
Fruit <sup>4</sup>	½ cup	½ cup	¾ cup
Grains <sup>6,8</sup> (WGR or Enriched Only) WGR OR enriched bread OR Biscuit, roll, muffin, etc. OR Cooked breakfast cereal <sup>7</sup> , cereal grain, and/or pasta OR Ready-to-eat breakfast cereal (dry cold) <sup>7,8</sup>	½ oz eq ½ oz eq ½ oz eq ½ oz eq	½ oz eq ½ oz eq ½ oz eq ½ oz eq	1 oz eq 1 oz eq 1 oz eq 1 oz eq
Meat/Meat Alternates (M/MA) Lean meat, fish, poultry, cheese, tofu, soy, or alternate protein products <sup>10</sup> OR Egg (large) OR Cooked dry beans or dry peas <sup>11</sup> OR Peanut butter, soy nut butter, or other nut or seed butters OR Peanuts, soy nuts, tree nuts, or seeds OR Yogurt, plain or flavored, unsweetened or sweetened <sup>13,15</sup>	½ oz ½ egg ⅛ cup 1 tbsp ½ oz ½ cup	½ oz ½ egg ⅛ cup 1 tbsp ½ oz ½ cup	1 oz ½ egg ¼ cup 2 tbsp 1 oz ½ cup

3. Must serve whole milk to children age 1. Must serve 1% or fat-free milk to children ages 2 years and older.
4. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement once per day. Breakfast or snack only.
5. M/MA may be used to meet the entire grains requirement a maximum of three times a week for breakfast. One oz of M/MA is equal to 1 oz eq of grains.
6. At least one serving per day, across all eating occasions, must be WGR. Grain-based desserts do not count towards meeting the grains requirement.
7. Breakfast cereals must contain no more than 6 g of sugar per dry oz (no more than 21.2 g sucrose and other sugars per 100 g of dry cereal).
8. Refer to FNS guidance for additional information on crediting different types of grains.
9. A vegetable may be used to meet the entire fruit requirement. When 2 vegetables are served at lunch/supper, 2 different types of vegetables must be served.
10. Alternate protein products must meet the requirements in Appendix A per 7 CFR, Section 226.20. Additionally, a 2.2 ounce serving of tofu = 1 ounce equivalent toward the M/MA requirement and must contain a minimum of 5 grams of protein per 2.2 ounces.
11. Cooked dry beans or dry peas may be used as a meat alternate or as a vegetable component; but **CANNOT** be counted as both components in the same meal.
12. No more than 50% of the requirement shall be met with nuts (peanuts, soy nuts, and tree nuts) or seeds. Nuts or seeds shall be combined with another M/MA to fulfill the requirement. To determine combinations, 1 oz of nuts or seeds is equal to 1 oz of cooked lean meat, poultry, or fish.
13. Yogurt must contain no more than 23 g of total sugars per 6 oz.
14. Juice cannot be served when milk is served as the only other component.
15. Commercially added fruit or nuts in flavored yogurt cannot be used to satisfy the second component requirement in snacks.

## Child Care Food Program Meal Pattern for Infants

2022 – 2023

Birth Through 5 Months		Six Through 11 Months	
Breakfast, Lunch, And Supper	4 to 6 fluid (fl) ounces (oz) Breast Milk <sup>1</sup> OR Formula <sup>2</sup>	6 to 8 fl oz 0 to ½ oz eq 0 to 4 tbsp	Breast milk <sup>1</sup> OR formula <sup>2</sup> Infant cereal, <sup>2,3</sup> OR Meat, fish, poultry, Whole egg, Cooked dry beans or peas OR Cheese OR Yogurt <sup>4</sup> OR Combination of the above <sup>5</sup> AND
		0 to 2 oz 0 to 4 oz (½ cup) 0 to 2 tbsp	Fruit, vegetable, or combination of both <sup>5,6</sup>
Snacks	4 to 6 fluid (fl) ounces (oz) Breast Milk <sup>1</sup> OR Formula <sup>2</sup>	2 to 4 fl oz 0 to ½ oz eq 0 to ¼ oz eq 0 to ½ oz eq 0 to ¼ oz eq 0 to 2 tbsp	Breast milk <sup>1</sup> OR formula <sup>2</sup> and Bread <sup>3,7</sup> OR Crackers <sup>3,7</sup> OR Infant cereal <sup>2,3,7</sup> OR Ready to eat cereal <sup>3,5,7,8</sup> AND Fruit, vegetable, or combination of both <sup>5,6</sup>
<p>1. Breast milk or formula, or portions of both, must be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered at a later time if the infant will consume more.</p> <p>2. Infant formula and dry infant cereal must be iron-fortified.</p> <p>3. Refer to FNS guidance for additional information on crediting different types of grains.</p> <p>4. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.</p> <p>5. A serving of this component is required when the infant is developmentally ready to accept it.</p> <p>6. Fruit and vegetable juices must not be served.</p> <p>7. A serving of grains must be Whole Grain-Rich, enriched meal, or enriched flour.</p> <p>8. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).</p>			

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