Meal Pattern for Children

At-Risk & Special Needs ONLY

BREAKFAST[1] *(Serve all 3 components.)*			**Ages 1-2**	**Ages 3-5**	**Ages 6-12**	**Ages 13-18**[2]
Grains (oz eq)[3,4]	Bread (WG/E)		1/2 slice *(1/2 oz eq)*		1 slice *(oz eq)*	1 slice *(oz eq)*
	Bread product, such as biscuit, roll, or muffin (WG/E)		1/2 serving *(1/2 oz eq)*		1 serving *(oz eq)*	1 serving *(oz eq)*
	Cooked breakfast cereal[5], (WG/E/F) cereal grain, and/or pasta		1/4 cup		1/2 cup	1/2 cup
	Ready-to-eat breakfast cereal (dry, cold)[5] (WG/E/F)	Flakes or rounds	1/2 cup		1 cup	1 cup
		Puffed cereal	3/4 cup		1 1/4 cup	1 1/4 cup
		Granola	2 tablespoons		1/4 cup	1/4 cup
Vegetables, fruits or portions of both[6]			1/4 cup	1/2 cup	1/2 cup	1/2 cup
Fluid Milk[7]			4 fl oz	6 fl oz	8 fl oz	8 fl oz

LUNCH/DINNER[8] *(Serve all 5 components.)*		**Ages 1-2**	**Ages 3-5**	**Ages 6-12**	**Ages 13-18**[2]
Meat/Meat Alternates	Lean meat, poultry, or fish	1 ounce	1 1/2 ounces	2 ounces	2 ounces
	Tofu or alternate protein product (APP)[9]				
	Cheese				
	Large egg	1/2	3/4	1	1
	Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup	1/2 cup
	Nut/seed (or soy nut) butter	2 tbsp	3 tbsp	4 tbsp	4 tbsp
	Yogurt[10]	4 oz or 1/2 c	6 oz or 3/4 c	8 oz or 1 c	8 oz or 1 c
	Nuts/seeds	1 ounce	1 1/2 ounces	2 ounces	2 ounces
Grains[3]	Bread (WG/E)	1/2 slice *(1/2 oz eq)*		1 slice *(oz eq)*	1 slice *(oz eq)*
	Bread product, such as biscuit, roll, or muffin (WG/E)	1/2 serving *(1/2 oz eq)*		1 serving *(oz eq)*	1 serving *(oz eq)*
	Cooked breakfast cereal[5], (WG/E/F) cereal grain, and/or pasta	1/4 cup		1/2 cup	1/2 cup
Vegetables[6]		2 tbsp	1/4 cup	1/2 cup	1/2 cup
Fruits[6] *(or 2nd vegetable serving* [11]*)*		2 tbsp	1/4 cup	1/4 cup	1/4 cup
Fluid Milk[7]		4 fl oz	6 fl oz	8 fl oz	8 fl oz

SNACK[12] *(Choose 2 different components.)*			**Ages 1-2**	**Ages 3-5**	**Ages 6-12**	**Ages 13-18**[2]
Meat/Meat Alternates	Lean meat, poultry, or fish		1/2 ounce		1 ounce	1 ounce
	Tofu or alternate protein product (APP)[9]					
	Cheese					
	Large egg		1/2 egg		1/2	1/2
	Cooked dry beans or peas		2 tablespoons		1/4 cup	1/4 cup
	Nut/seed (or soy nut) butter		1 tablespoon		2 tbsp	2 tbsp
	Yogurt[10]		2 oz or 1/4 c		4 oz or 1/2 c	4 oz or 1/2 c
	Nuts/Seeds		1/2 oz		1 oz	1 oz
Grains (oz eq)[3]	Bread (WG/E)		1/2 slice *(1/2 oz eq)*		1 slice *(oz eq)*	1 slice *(oz eq)*
	Bread product, such as biscuit, roll, or muffin (WG/E)		1/2 serving *(1/2 oz eq)*		1 serving *(oz eq)*	1 serving *(oz eq)*
	Cooked breakfast cereal[5], (WG/E/F) cereal grain, and/or pasta		1/4 cup		1/2 cup	1/2 cup
	Ready-to-eat breakfast cereal (dry, cold)[5] (WG/E/F)	Flakes or rounds	1/2 cup		1 cup	1 cup
		Puffed cereal	3/4 cup		1 1/4 cup	1 1/4 cup
		Granola	2 tablespoons		1/4 cup	1/4 cup
Vegetables[6]			1/2 cup		3/4 cup	3/4 cup
Fruits[6]			1/2 cup		3/4 cup	3/4 cup
Fluid Milk[7]			4 fl oz		8 fl oz	8 fl oz

Important Notes for the Meal Pattern for Children

[1] Must serve all three components for a reimbursable breakfast. Offer versus serve is an option for At-Risk After School (ARAS) programs.

[2] Children with special needs (w/ an approved IEP on file at the DCR office), in At-Risk After School (ARAS) programs, and in emergency shelters can be claimed up to age 18. Larger portion sizes than specified may need to be served to children 13 through 18 year olds to meet their nutritional needs.

[3] All breads and grains must be whole grain-rich (WG), enriched (E) and/or fortified (F).

- **Whole grain-rich (WG)** foods have a whole grain first ingredient and any remaining grains in the product are enriched *(or fortified for breakfast cereals)*, bran, germ, or are 100% whole grain.
- **Enriched (E)** foods have been refined (or "processed") to remove the outer layers (bran/germ) from the grain seed. Five vitamins/minerals are added to the refined grain to "enrich" it: Riboflavin, niacin, thiamin, iron and folic acid.
- **Fortified (F)** breakfast cereals have vitamins and minerals added to the product.
  - Look for the word "fortified" on the package OR
  - Look for a list of vitamins and minerals at the bottom of the ingredient list.
- *Grain-based desserts do* **NOT** *count towards meeting the grains requirement.*

At least one grain/bread serving per day, across all eating occasions, must be whole-grain rich (WG) at your facility.

- This rule only applies when grains are required/served. For example, if a facility only serves one snack (ex. apples and milk) in a day, no grains are served or required that day.

[4] At breakfast, meat and meat alternates may be used to meet the grains requirement a maximum of **three times per week**. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

[5] Breakfast cereals (both cold and hot) must contain no more than 6 grams of added sugars per dry ounce. Cereals must be whole grain (WG), enriched (E), or fortified (F). Ready-to-eat breakfast cereals (dry, cold) can be served at lunch or dinner; refer to serving sizes listed for breakfast and snack.

[6] Pasteurized full-strength **juice may only be used to meet the vegetable or fruit requirement at one meal OR snack, per day**.

[7] Must be unflavored whole milk for one-year-olds.
Must be unflavored whole, reduced-fat (2%), low-fat (1%), or fat-free/skim (0%) milk for 2-5 year olds.
Can be unflavored OR flavored whole, reduced-fat (2%), low-fat (1%), or fat-free/skim (0%) milk for children six years old and older.

[8] Must serve all five components for a reimbursable lunch/dinner. Offer versus serve is an option for At-Risk After School (ARAS) programs.

[9] Alternate protein products (APP) must meet the requirements in Appendix A to Part 226. Alternate Protein Products, such as vegetarian "meats" and veggie "burgers," must have documentation on file to claim them, such as a Child Nutrition (CN) label or Product Formulation Statement (PFS). Log in to www.daycareresources.org to view the Child Nutrition (CN) labels or Product Formulation Statements (PFS) we have on file.

[10] Yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

[11] A vegetable may be used to meet the fruit requirement at lunch or dinner. When two vegetables are served at lunch or dinner, two different kinds of vegetables must be served.

[12] Select two of the five components for a reimbursable snack.

- Only one of the two snack components may be a beverage.
  - Juice and milk cannot be the only two components at snack.
- These items count as juice:
  - Popsicles made from 100% juice
  - Fruit pureed in smoothies

Important Notes for the Grain Requirement Chart

[13]Some of the following foods, or the accompaniments, may contain more sugar, salt and/or fat than others. This should be considered when deciding how often to serve them.

[14]Ounce equivalents (oz eq) are used to determine the quantity of creditable grains. An "ounce equivalent" is a serving of grain or bread that has the same amount of creditable grains (16 grams) as a 1 ounce piece of bread.

[15]This chart shows items that are allowed for child care. ***Grain based desserts are <u>ONLY</u> allowed for the school breakfast/lunch programs (SBP/NSLP) and have been omitted. Grain-based desserts <u>CANNOT</u> be claimed in child care. For example, breakfast bars, cereal bars, granola bars, vanilla wafers, and donuts are <u>NOT allowed</u>. See <u>page 9</u> of the <u>Menu Guide</u> for a list of grain-based desserts and other foods that CANNOT be claimed on the Food Program.***

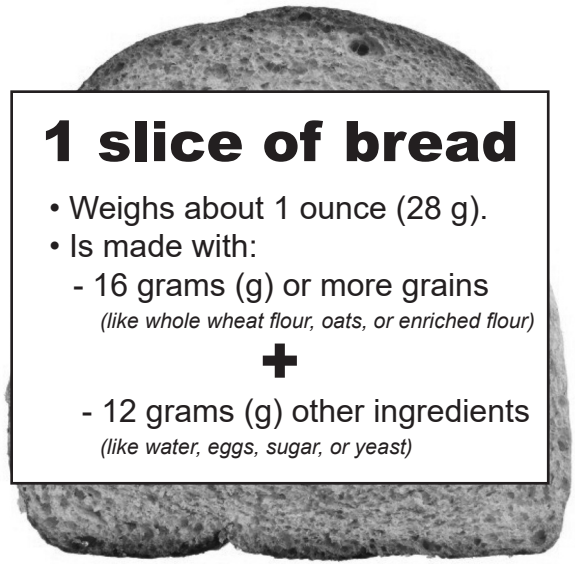
[16]Under the CACFP, cereals (both cold and hot) must be whole grain, enriched, or fortified, and must contain no more than 6 grams of added sugar per dry ounce.

[17]Flakes are grains of cereal that have been crushed, mixed into dough, and rolled/formed into flakes. Examples: Wheaties® or bran flakes. *This includes shredded wheat, where flakes are formed into biscuits.*

[18]Rounds are cereals that have been shaped into circular O's. Example: Cheerios®

[19]Puffed cereals are light and airy. Grains of cereal are "popped" or extruded into light, fluffy shapes. Examples: puffed rice or wheat. Since puffed cereal is the lightest, it has the largest serving size.

[20]Granola is heavy and dense, so it has the smallest serving size. Examples: granola cereal, Grape Nuts®



1 slice of bread

- Weighs about 1 ounce (28 g).
- Is made with:
  - 16 grams (g) or more grains *(like whole wheat flour, oats, or enriched flour)*

+

  - 12 grams (g) other ingredients *(like water, eggs, sugar, or yeast)*

An "ounce equivalent" is a serving of a grain or bread that has the same amount of creditable grains (16 grams) as a 1 ounce piece of bread.

DCR does not endorse any products. Brand names are used for example only.

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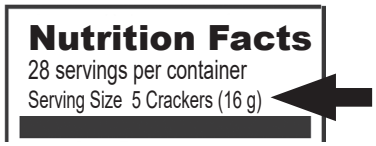
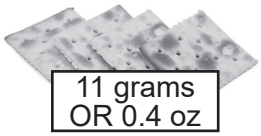
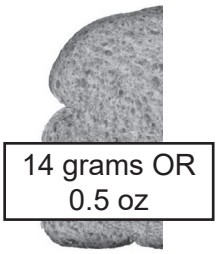
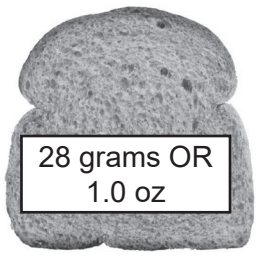
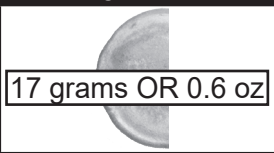
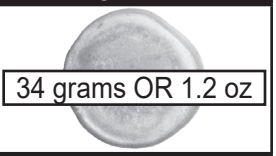
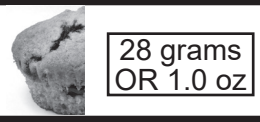
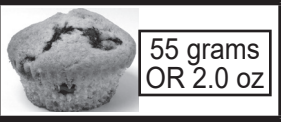
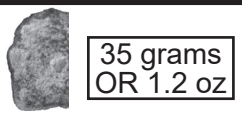
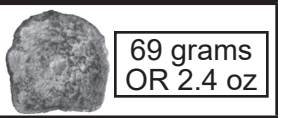
USDA Child and Adult Care Food Program (CACFP)
info@dcrhome.org
309-925-2274

Grain Requirement Chart[3, 13]

for the Child and Adult Care Food Program (CACFP)

Look at the package and use the chart below to make sure you serve enough food. For example, look at the label for saltine crackers to the right. The serving size on the package says 5 crackers. The label says 5 crackers weighs 16 grams. The chart says a 1-5 year old needs 11 grams of savory crackers like saltines, so 5 crackers would be enough for a 1-5 year old. *(4 crackers = 12 grams)* However, for a child age 6 or older, you would need more crackers. *(7 crackers = 22 grams)*



TYPE OF GRAIN/BREAD		MINIMUM SERVING SIZE	
Group A — **OZ EQ = OUNCE EQUIVALENT**		Ages 1-5 (1/2 oz eq)[14]	Ages 6+ (1 oz eq)[14]
• Bread Type Coating • Bread Sticks (hard) • Chow Mein Noodles • Savory Crackers (ex. saltines)	• Croutons • Pretzels (hard) • Rice Cakes • Stuffing (dry) *weight = bread in stuffing only*	 11 grams OR 0.4 oz	22 grams OR 0.8 oz
Group B[15]		Ages 1-5	Ages 6+
• Bagels • Batter Type Coating • Biscuits • Breads (sandwich, French, Italian) • Buns (hamburger and hot dog) • Egg Roll Skins • English Muffins • Pita Bread	• Pizza Crust • Popcorn • Pretzels (soft) • Rolls (sandwich/dinner rolls) • Sweet Crackers (animal/graham) • Tortillas (wheat or corn) • Tortilla Chips (wheat or corn) • Taco Shells	 14 grams OR 0.5 oz	 28 grams OR 1.0 oz
Group C[15]		Ages 1-5	Ages 6+
• Cornbread or Corn Muffins • Croissants • Pancakes	• Pie Crust (meat/meat alternate pies ONLY) • Waffles	 17 grams OR 0.6 oz	 34 grams OR 1.2 oz
Group D[15]		Ages 1-5	Ages 6+
• Muffins (all, except corn)		 28 grams OR 1.0 oz	 55 grams OR 2.0 oz
Group E[15]		Ages 1-5	Ages 6+
• French Toast		 35 grams OR 1.2 oz	 69 grams OR 2.4 oz
Group H		Ages 1-5	Ages 6+
• Cereal Grains (barley, quinoa, etc) • Breakfast Cereals[16] (cooked) • Bulgur or Cracked Wheat • Macaroni (all shapes)	• Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle ONLY) • Rice (enriched white or brown)	1/4 cup cooked OR 14 grams / 0.5 oz dry	1/2 cup cooked OR 28 grams / 1.0 oz dry
Group I		Ages 1-5	Ages 6+
• Ready to Eat Breakfast Cereal (cold, dry)[16] - 6 grams or less added sugars in 1 ounce (28 grams) cereal 		**Flakes[17]/Rounds:[18]** 1/2 cup **Puffed Cereal:[19]** 3/4 cup **Granola:[20]** 2 tablespoons	**Flakes[17]/Rounds:[18]** 1 cup **Puffed Cereal:[19]** 1 1/4 cup **Granola:[20]** 1/4 cup