

**Minimum Amounts
MEAL PATTERNS FOR CHILDREN
Child and Adult Care Food Program**

BREAKFAST			
Grain + Fruit + Milk			
Food Components	Age 1 and 2	Age 3 through 5	Age 6 through 12¹
Milk, fluid	½ cup ²	¾ cup	1 cup
Vegetables and Fruits or	¼ cup	½ cup	½ cup
Full-strength vegetable or fruit juice or an equivalent of any combination of vegetable(s), fruit(s), and juice.	¼ cup	½ cup	½ cup
Bread and Bread Alternates ³			
Bread or	½ slice	½ slice	1 slice
Cornbread, biscuits, rolls, muffins, etc. ⁴ or	½ serving	½ serving	1 serving
Cold dry cereal ⁵ or	¼ cup or ⅓ ounce	⅓ cup or ½ ounce	¾ cup or 1 ounce
Cooked cereal or	¼ cup	¼ cup	½ cup
Cooked pasta or noodle products or	¼ cup	¼ cup	½ cup
Cooked cereal grains or an equivalent quantity of any combination of bread/bread alternate	¼ cup	¼ cup	½ cup

¹ Children age 12 and up may be served adult size portions based on the greater food needs of older boys and girls, but shall be served not less than the minimum quantities specified in this section for children age 6 up to 12.

² For purposes of the requirements outlined in this subsection, a cup means a standard measuring cup (8 oz.).

³ Bread, pasta or noodle products, and cereal grains, shall be whole grain or enriched; cornbread, biscuits, rolls, muffins, etc., shall be made with whole grain or enriched meal or flour; cereal shall be whole grain or enriched or fortified.

⁴ Serving sizes and equivalents are published in Appendix C of Building Blocks for Fun and Healthy Meals Manual.

⁵ Either volume (cup) or weight (ounces) whichever is less.

LUNCH/SUPPER Milk + Meat + 2 Vegetable/Fruit + Grain			
Food Components	Age 1 and 2	Age 3 through 5	Age 6 through 12¹
Milk, fluid	½ cup ²	¾ cup	1 cup
Vegetables and Fruits ³ Vegetable(s) and/or fruit(s)	¼ cup total	½ cup total	¾ cup total
Bread and Bread Alternates ⁴ Bread or Cornbread, biscuits, rolls, muffins, etc. ⁵ or Cooked pasta or noodle products or Cooked cereal grains or an equivalent of any combination of bread/bread alternate.	½ slice ½ serving ¼ cup ¼ cup	½ slice ½ serving ¼ cup ¼ cup	1 slice 1 serving ½ cup ½ cup
Meat and Meat Alternates Lean meat or poultry or fish ⁶ or Alternate protein products ⁷ or Cheese or Egg (large) or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds ⁸ or Yogurt, plain or flavored, unsweetened or sweetened or an equivalent quantity of any combination of the above meat/meat alternates.	1 ounce 1 ounce 1 ounce ½ ¼ cup 2 tablespoons ½ ounce ⁹ = 50% 4 ounces or ½ cup	1- ½ ounce 1- ½ ounce 1- ½ ounce ¾ ⅜ cup 3 tablespoons ¾ ounce ⁹ = 50% 6 ounces or ¾ cup	2 ounces 2 ounces 2 ounces 1 ½ cup 4 tablespoons 1 ounce ⁹ = 50% 8 ounces or 1 cup

¹ Children age 12 and up may be served adult size portions based on the greater food needs of older boys and girls, but shall be served not less than the minimum quantities specified in this section for children age 6 up to 12.

² For purposes of the requirements outlined in this subsection, a cup means a standard measuring cup.

³ Serve 2 or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.

⁴ Bread, pasta or noodle products, and cereal grains, shall be whole grain or enriched; cornbread, biscuits, rolls, muffins, etc., shall be made with whole grain or enriched meal or flour.

⁵ Serving sizes and equivalents are published in Appendix C of Building Blocks for Fun and Healthy Meals Manual.

⁶ Edible portion as served.

⁷ Must meet the requirements in Appendix A of this part.

⁸ Tree nuts and seeds that may be used as meat alternates are listed in program guidance.

⁹ No more than 50% of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry, or fish.

SNACK Two out of the Four Components			
Food Components	Age 1 and 2	Age 3 through 5	Age 6 through 12¹
Milk, fluid	½ cup ²	½ cup	1 cup
Vegetables and Fruits			
Vegetable(s) and/or fruit(s) or Full-strength vegetable or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.	½ cup ½ cup	½ cup ½ cup	¾ cup ¾ cup
Bread and Bread Alternates³			
Bread or Cornbread, biscuits, rolls, muffins, etc. ⁴ or Cold dry cereal ⁵	½ slice ½ serving ¼ cup or ⅓ ounce	½ slice ½ serving ⅓ cup or ½ ounce	1 slice 1 serving ¾ cup or 1 ounce
Cooked pasta or noodle products or Cooked cereal or grains or an equivalent quantity of any combination of bread/bread alternates.	¼ cup ¼ cup	¼ cup ¼ cup	½ cup ½ cup
Meat and Meat Alternates			
Lean meat or poultry or fish ⁶ or Alternate protein products ⁷ or Cheese or Egg (large) ⁸ or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds ⁹ or Yogurt, plain or flavored, unsweetened or sweetened, or an equivalent quantity of any combination of meat/meat alternates.	½ ounce ½ ounce ½ ounce ½ egg ⅛ cup 1 tablespoon ½ ounce 2 ounces or ¼ cup	½ ounce ½ ounce ½ ounce ½ egg ⅛ cup 1 tablespoon ½ ounce 2 ounces or ¼ cup	1 ounce 1 ounce 1 ounce ½ egg ¼ cup 2 tablespoons 1 ounce 4 ounces of ½ cup

¹ Children age 12 and up may be served adult size portions based on the greater food needs of older boys and girls, but shall be served not less than the minimum quantities specified in this section for children age 6 up to 12.

² For purposes of the requirements outlined in this subsection, a cup means a standard measuring cup.

³ Bread, pasta or noodle products, and cereal grains shall be whole-grain or enriched; cornbread, biscuits, rolls, muffins, etc. shall be made with whole-grain or enriched meal or flour; cereal shall be whole-grain or enriched or fortified.

⁴ Serving sizes and equivalents are published in Appendix C of Building Blocks for Fun and Healthy Meals Manual.

⁵ Either volume (cup) or weight (ounce), whichever is less.

⁶ Edible portion as served.

⁷ Must meet the requirements in Appendix A of this part.

⁸ One-half egg meets the required minimum amount (one ounce or less) of meat alternate.

⁹ Tree nuts and seeds that may be used as meat alternates are listed in program guidance.

Appendix A Alternate Protein Products

To use alternate protein products, the following criteria must be met.

1. A portion of the non-protein constituents of the food must be removed during processing. These alternate protein products must be safe and suitable edible products produced from plant or animal sources.
2. The biological quality of the protein must be at least 80 percent that of casein, determined by performing a protein Digestibility Corrected Amino Acid Score (PDCAAS).
3. It must contain at least 18% protein by weight when fully hydrated or formulated. "Hydrated" or "formulated" refers to a dry alternate protein product and the amount of water, fat, oil, colors, flavors or any other substances which have been added.

An institution may purchase an alternate protein product to be used alone or in combination with meat or meat alternates. Or the institution may purchase a commercially prepared item. In either case, there must be written documentation that the above criteria are met, either from the package when purchased directly or from the manufacturer.

For an alternate protein product mix, manufacturers should provide information on:

1. The amount by weight of dry alternate protein product in the package;
2. Hydration instructions; and
3. Instructions on how to combine the mix with meat or other meat alternates.

Alternate protein products can be used to meet all or part of the meat/meat alternate component. Examples of when it is used in combination with other food ingredients include beef patties, beef crumbles, pizza topping, meat loaf, meat balls, meat sauce, taco filling, burritos and tuna salad. If it is used in the dry or partially hydrated form, it must still meet the 18% protein requirement by weight (based on the level that would be provided if the product were fully hydrated).