

# Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 6-12 and 13-18



**What is in a Breakfast?**

Milk (8 fl. oz. or 1 cup)  
Vegetables, Fruit, or Both (½ cup)  
Grains (1 serving)

**Optional:** Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.

**1 Banana**

**1 cup** Unflavored Low-Fat (1%) or Fat-Free (Skim) or Flavored Fat-Free (Skim) Milk

**1 serving** Whole Grain-Rich Cereal  
Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

**Sample Breakfast**

**1 cup** Unflavored Low-Fat (1%) or Fat-Free (Skim) or Flavored Fat-Free (Skim) Milk

**¼ cup** Watermelon Chunks

**½ cup** Brown Rice

**Chicken Stir-Fry**  
Made with **2 oz.** Chicken Breast and **½ cup** Mixed Vegetables

**Sample Lunch/Supper**

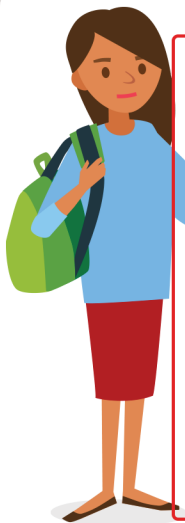
**What is in a Lunch or Supper?**

Milk (8 fl. oz. or 1 cup)  
Meat/Meat Alternate (2 oz. eq.)  
Vegetables (½ cup)  
Fruit (¼ cup)  
Grains (1 serving)

All grains served must be whole grain-rich or enriched.  
Breakfast cereals may also be fortified.  
At least one grain served each day must be whole grain-rich.



Offer and make water available all day.



**What is in a Snack?**

Pick 2:  
Milk (8 fl. oz. or 1 cup)  
Meat/Meat Alternate (1 oz. eq.)  
Vegetables (¾ cup)  
Fruit (¾ cup)  
Grains (1 serving)

**1 serving** Crackers

**¾ cup** Mandarin Oranges

**Sample Snack**

**Note:** Serving sizes are minimums.

Updated USDA Child and Adult Care Food Program (CACFP) meal patterns must be implemented by October 1, 2017. Learn more about the CACFP meal patterns, including information on ounce equivalents (oz. eq.) and serving sizes at <https://teamnutrition.usda.gov>.



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