

**Chart 4A: Child and Adult Care Food Program (CACFP) Meal Pattern for Children and Adults: Breakfast**

<b>Select the Appropriate Components for a Reimbursable Meal</b>					
<b>Meal Components and Food Items<sup>1</sup></b>	<b>Minimum Quantities</b>				
	<b>Ages 1–2</b>	<b>Ages 3–5</b>	<b>Ages 6–12</b>	<b>Ages 13–18<sup>2</sup></b>	<b>Adult Participants</b>
Fluid Milk	4 fluid ounces <sup>3</sup>	6 fluid ounces <sup>4</sup>	8 fluid ounces <sup>5</sup>	8 fluid ounces <sup>5</sup>	8 fluid ounces <sup>5</sup>
Vegetables, fruits, or portions of both <sup>7</sup>	¼ cup	½ cup	½ cup	½ cup	½ cup
Grains <sup>8</sup>	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent	2 ounce equivalents

<sup>1</sup> Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool care and adult day care centers.

<sup>2</sup> At-risk afterschool programs and emergency shelters may need to serve larger portions to children ages 13 through 18 to meet their nutritional needs.

<sup>3</sup> Must serve unflavored whole milk to children age 1.

<sup>4</sup> Must serve unflavored milk to children 2 through 5 years old. The milk must be fat-free, skim, low-fat, or 1 percent or less.

<sup>5</sup> May serve unflavored or flavored milk to children ages 6 and older. The milk must be fat-free, skim, low-fat, or 1 percent or less.

<sup>6</sup> May serve unflavored or flavored milk to adults. The milk must be fat-free, skim, low-fat, or 1 percent or less. Yogurt may be offered in the place of milk once per day for adults. Yogurt may count as either a fluid milk substitute or as a meat alternate, but not both, in the same meal. Six ounces (by weight) or ¾ cup (by volume) of yogurt is the equivalent of 8 ounces of fluid milk. Effective through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. Effective October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

<sup>7</sup> Juice must be pasteurized. Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day.

<sup>8</sup> Must serve at least one whole grain-rich serving, across all eating occasions, per day. Grain-based desserts may not be used to meet the grains requirement. Meats/meat alternates may be offered in place of the entire grains requirement, up to 3 times per week at breakfast. One ounce equivalent of meats/meat alternates credits equal to one ounce equivalent of grains. Effective through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. Effective October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce. Information on crediting grain items and meats/meat alternates may be found in FNS guidance.