

Chart 4B: Child and Adult Care Food Program (CACFP) Meal Pattern for Children and Adults: Lunch and Supper

Select the Appropriate Components for a Reimbursable Meal						
Meal Component¹		Minimum Quantities				
		Ages 1–2	Ages 3–5	Ages 6–12	Ages 13–18²	Adult Participants
Fluid Milk		4 fluid ounces ³	6 fluid ounces ⁴	8 fluid ounces ⁵	8 fluid ounces ⁵	8 fluid ounces ⁵
Meats/Meat Alternates ⁷	Lean meat, poultry, or fish	1 ounce equivalent	1½ ounce equivalent	2 ounce equivalent	2 ounce equivalent	2 ounce equivalent
	Tofu, soy products, or alternate protein products ⁵	1 ounce equivalent	1½ ounce equivalent	2 ounce equivalent	2 ounce equivalent	2 ounce equivalent
	Cheese	1 ounce equivalent	1½ ounce equivalent	2 ounce equivalent	2 ounce equivalent	2 ounce equivalent
	Large egg	½	¾	1	1	1
	Cooked dry beans, peas or lentils	¼ cup	⅜ cup	½ cup	½ cup	½ cup
	Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp	4 Tbsp
	Yogurt, plain or flavored unsweetened or sweetened ^{6,7}	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup	8 ounces or 1 cup
	Peanuts, soy nuts, tree nuts, or seeds	1 ounce equivalent	1½ ounce equivalent	2 ounce equivalent	2 ounce equivalent	2 ounce equivalent
Vegetables ⁸		⅛ cup	¼ cup	½ cup	½ cup	½ cup
Fruits ⁸		⅛ cup	¼ cup	¼ cup	¼ cup	½ cup
Grains ⁹		1 ounce equivalent	1½ ounce equivalent	1 ounce equivalent	1 ounce equivalent	2 ounce equivalent

- 1 Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool care and adult day care centers.
- 2 At-risk afterschool programs and emergency shelters may need to serve larger portions to children ages 13 through 18 to meet their nutritional needs.
- 3 Must serve unflavored whole milk to children age 1.
- 4 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.
- 5 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.
- 6 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 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. A serving of fluid milk is optional for suppers served to adult participants.
- 7 Alternate protein products must meet the requirements in Appendix A of 7 CFR Part 226. 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). Information on crediting meats/meat alternates may be found in FNS guidance.
- 8 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. A vegetable may be offered to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
- 9 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. 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 may be found in FNS guidance.