

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

<b>Snack Meal Pattern for Children and Adults</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>
<b>Select two of the five components for a reimbursable snack</b>						
Fluid Milk <sup>3</sup>		4 fluid ounces <sup>3</sup>	4 fluid ounces <sup>4</sup>	8 fluid ounces <sup>5</sup>	8 fluid ounces <sup>5</sup>	8 fluid ounces <sup>6</sup>
Meats/Meat Alternates <sup>7</sup>	Lean meat, poultry, or fish	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent
	Tofu, soy products, or alternate protein products <sup>4</sup>	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent
	Cheese	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent
	Large egg	½	½	½	½	½
	Cooked dry beans, peas, or lentils	⅛ cup	⅛ cup	¼ cup	¼ cup	¼ cup
	Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp
	Yogurt, plain or flavored unsweetened or sweetened <sup>6,7</sup>	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup	4 ounces or ½ cup
	Peanuts, soy nuts, tree nuts, or seeds	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent
Vegetables <sup>8</sup>		½ cup	½ cup	¾ cup	¾ cup	½ cup
Fruits <sup>8</sup>		½ cup	½ cup	¾ cup	¾ cup	½ cup
Grains (oz eq) <sup>9</sup>		½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent

1 Must serve two of the five components for a reimbursable snack. Milk and juice may not be served as the only two items in a reimbursable snack.  
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.  
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.  
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 cereal must contain no more than 6 grams of added sugar per dry ounce. Information on crediting grain items may be found in FNS guidance.