

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

Snack meal pattern for children and adults						
Meal Component¹	Minimum Quantities					
	Ages 1 - 2	Ages 3 - 5	Ages 6 - 12	Ages 13 - 18² <small>(at-risk afterschool programs and emergency shelters)</small>	Adult	
Fluid Milk ³	4 fl oz	4 fl oz	8 fl oz	8 fl oz	8 fl oz	
Meats/Meat Alternates <i>(Edible portion as served)</i>	Lean meat, poultry, or fish	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	1 oz eq
	Tofu, soy products, or alternate protein products ⁴	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	1 oz eq
	Cheese	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	1 oz eq
	Large egg	1/2	1/2	1/2	1/2	1/2
	Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup	1/4 cup	1/4 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 ⁵	2 ounces or 1/4 cup	2 ounces or 1/4 cup	4 ounces or 1/2 cup	4 ounces or 1/2 cup	4 ounces or 1/2 cup
Peanuts, soy nuts, tree nuts, or seeds	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	1 oz eq	
Vegetables ⁶	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup	
Fruits ⁶	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup	
Grains (oz eq) ^{7,8,9}	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	1 oz eq	

1 Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.
2 Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
3 Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent fat or less) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored or flavored low-fat (1 percent fat or less), or unflavored or flavored fat-free (skim) milk for children 6 years old and older and adults. For adult participants, 6 ounces (weight) or 3/4 cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.
4 Alternate protein products must meet the requirements in Appendix A of 7 CFR Part 226.
5 Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
6 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
7 At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.
8 Refer to FNS guidance for additional information on crediting different types of grains.
9 Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).