

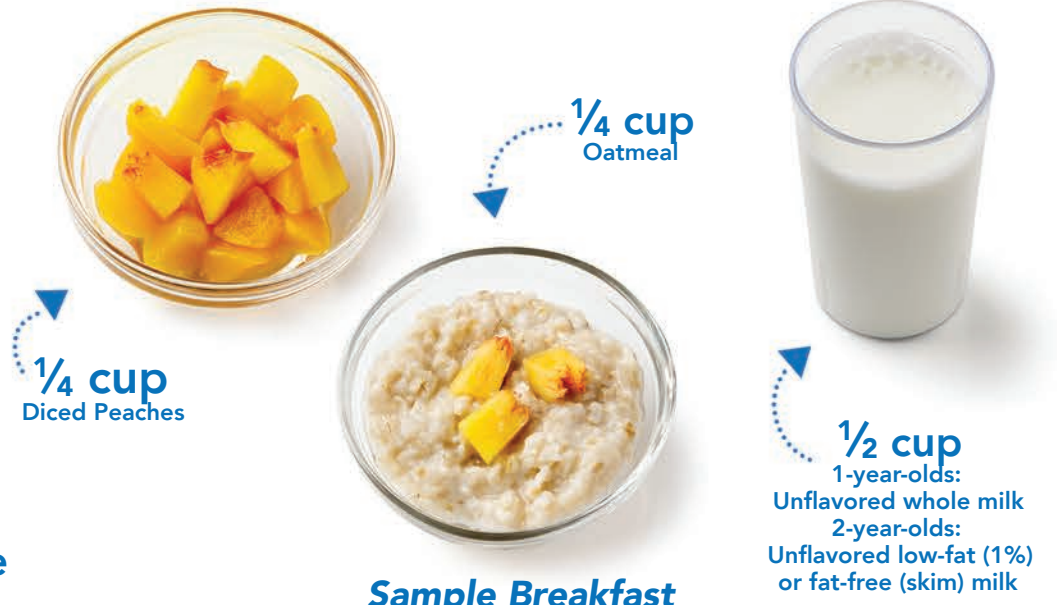
Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 1-2

What is in a Breakfast?

Milk (4 fl. oz. or ½ cup)
Vegetables, Fruit, or Both (¼ cup)
Grains (½ serving)

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



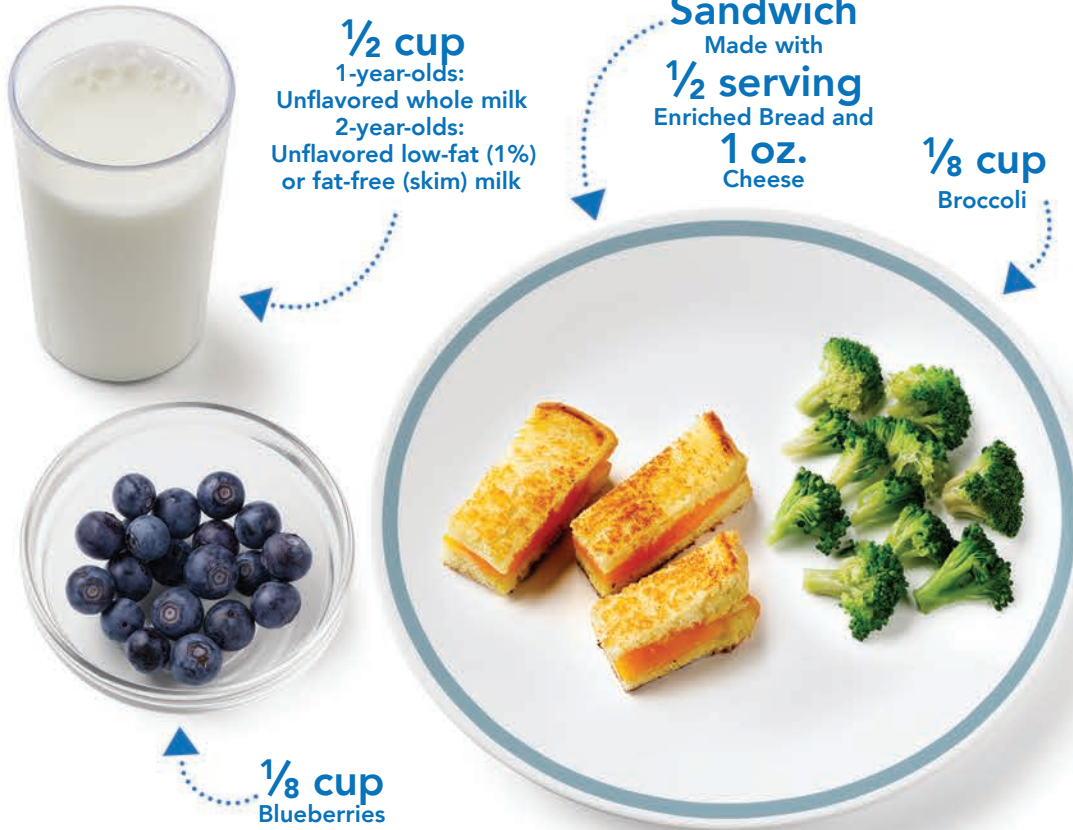
Sample Breakfast

Grilled Cheese Sandwich

Made with
½ serving
Enriched Bread and
1 oz.
Cheese

1/8 cup
Broccoli

1/2 cup
1-year-olds:
Unflavored whole milk
2-year-olds:
Unflavored low-fat (1%)
or fat-free (skim) milk



Sample Lunch/Supper

What is in a Lunch or Supper?

Milk (4 fl. oz. or ½ cup)
Meat/Meat Alternate (1 oz. eq.)
Vegetables (1/8 cup)
Fruit (1/8 cup)
Grains (½ serving)



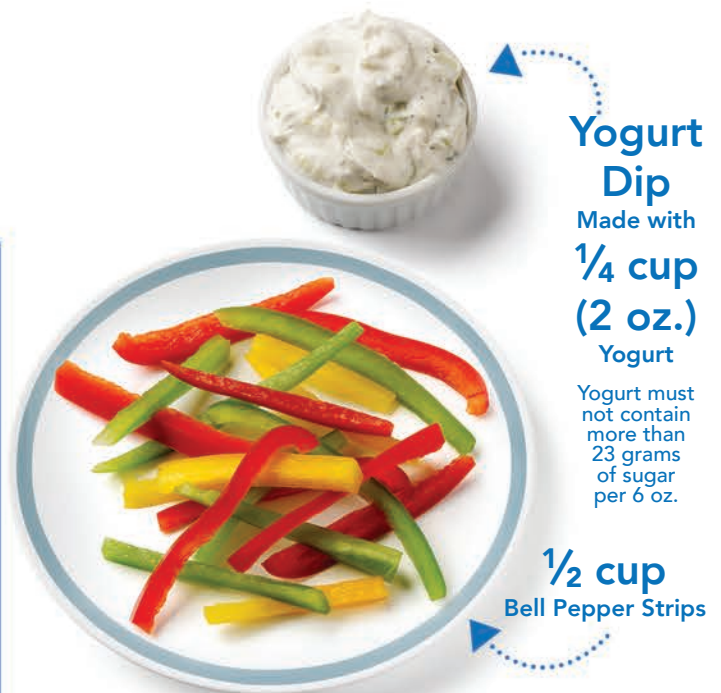
All grains served must be whole grain-rich or enriched.
Breakfast cereals may also be fortified.
At least one grain served each day must be whole grain-rich.

What is in a Snack?

Pick 2:
Milk (4 fl. oz. or ½ cup)
Meat/Meat Alternate (½ oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (½ serving)



Offer and make water available all day.



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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