

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

Sample Meals for Children Ages 3-5



What is in a Breakfast?

- Milk (6 fl. oz. or ¾ cup)
- Vegetables, Fruit, or Both (½ 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.

½ serving
Whole Grain-Rich
Mini Pancakes



¾ cup
Unflavored
Low-Fat (1%
or Fat-Free
(Skim) Milk

½ cup
Sliced
Strawberries

Sample Breakfast

¾ cup
Unflavored Low-Fat (1%)
or Fat-Free (Skim) milk



1 Taco
Made with
1½ oz.
Lean Ground Beef,
¼ cup
Lettuce*, and
⅛ cup
Chopped Tomatoes

½ serving
Enriched Flour Tortilla



¼ cup
Roasted Sweet
Potatoes

Sample Lunch/Supper

A second, different vegetable may be served in place of fruit at lunch and supper. In this meal, the ¼ cup of lettuce and ⅛ cup of tomatoes in the taco meets the vegetable component, and the ¼ cup of sweet potatoes is used to meet the fruit component.

*Raw leafy greens, such as lettuce, credit for half the amount served. The ¼ cup of lettuce in the taco counts as ⅛ cup of vegetables in this meal.

What is in a Lunch or Supper?

- Milk (6 fl. oz. or ¾ cup)
- Meat/Meat Alternate (1½ oz. eq.)
- Vegetables (¼ cup)
- Fruit (¼ cup)
- Grains (½ serving)



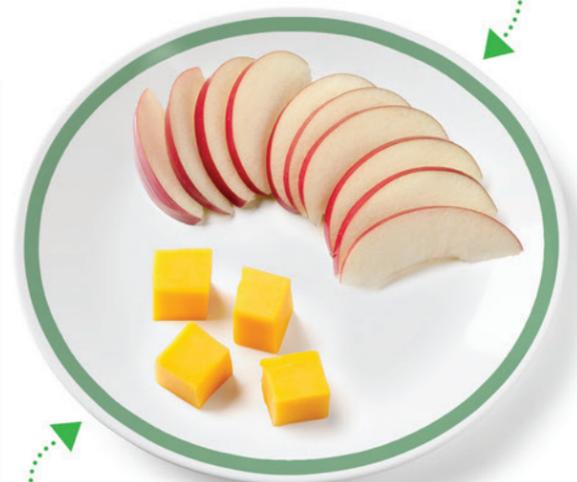
All grains served must be whole grain-rich or enriched.
Breakfast cereals may also be fortified.
At least one grain served each day must be whole grain-rich.

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)



½ cup
Apple Slices



½ oz.
Cheddar Cheese

Sample Snack

Offer and make water available all day.

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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