

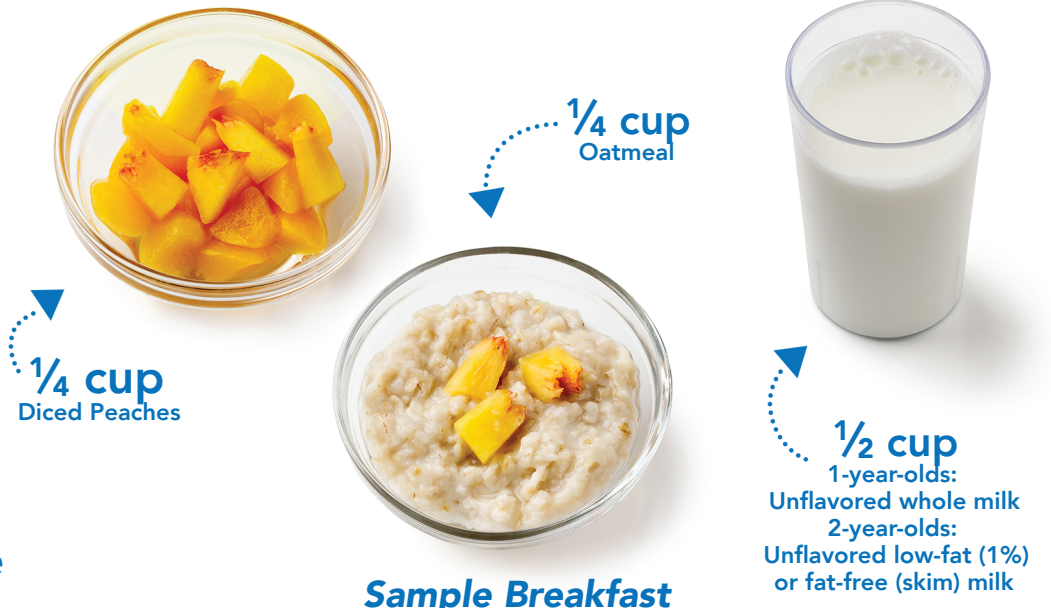
# Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 1-2

## What is in a Breakfast?

Milk (4 fl. oz. or 1/2 cup)  
Vegetables, Fruit, or Both (1/4 cup)  
Grains (1/2 serving)

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



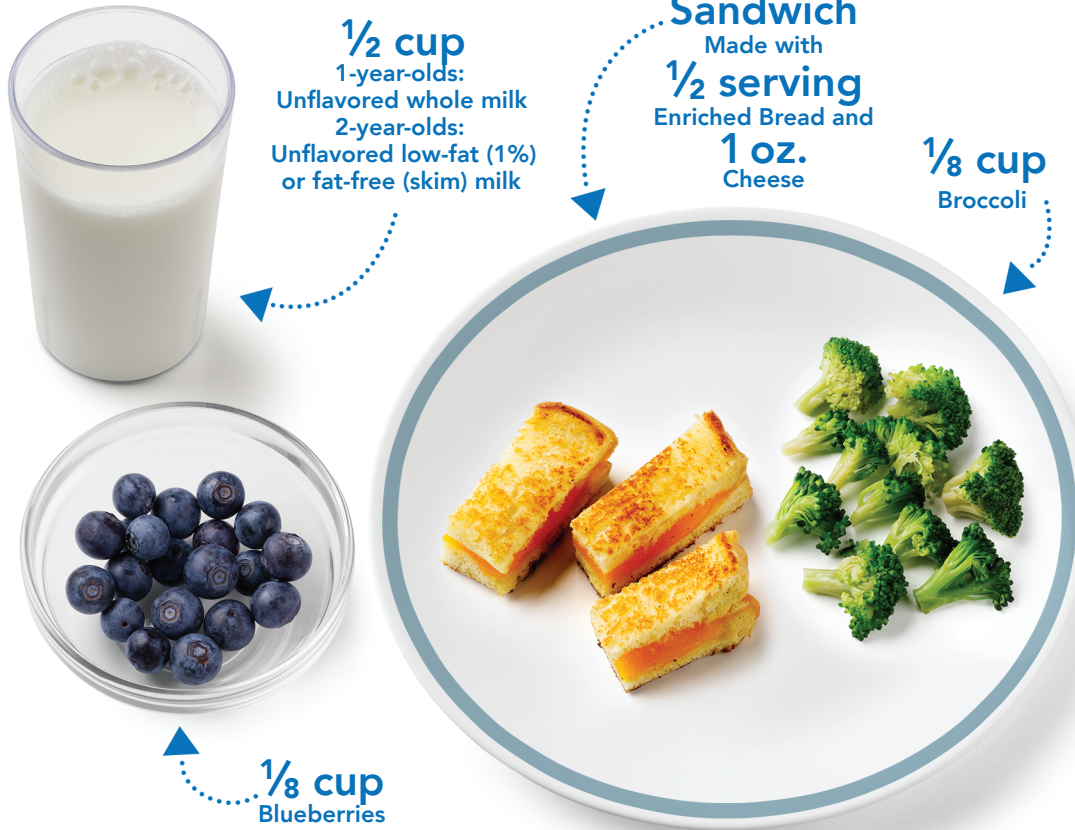
Sample Breakfast

## Grilled Cheese Sandwich

Made with  
1/2 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 1/2 cup)  
Meat/Meat Alternate (1 oz. eq.)  
Vegetables (1/8 cup)  
Fruit (1/8 cup)  
Grains (1/2 serving)



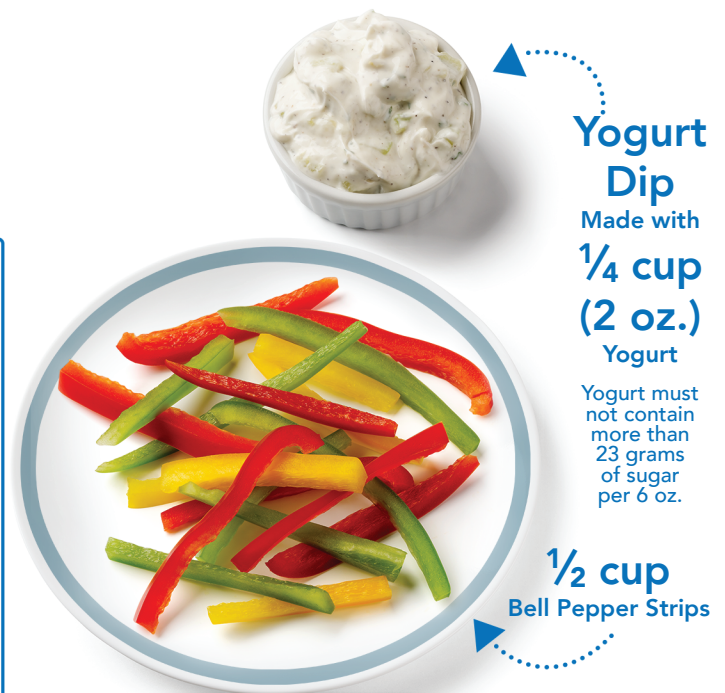
All grains served must be whole grain-rich or enriched.  
Breakfast cereals may also be fortified.  
At least one grain served each day must be whole grain-rich.

## What is in a Snack?

Pick 2:  
Milk (4 fl. oz. or 1/2 cup)  
Meat/Meat Alternate (1/2 oz. eq.)  
Vegetables (1/2 cup)  
Fruit (1/2 cup)  
Grains (1/2 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>.



Food and Nutrition Service  
FNS-667  
August 2017  
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