

# 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  $\frac{3}{4}$  cup)
- Vegetables, Fruit, or Both ( $\frac{1}{2}$  cup)
- Grains ( $\frac{1}{2}$  serving)

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

$\frac{1}{2}$  serving  
Whole Grain-Rich  
Mini Pancakes



$\frac{3}{4}$  cup  
Unflavored  
Low-Fat (1%  
or Fat-Free  
(Skim) Milk

$\frac{1}{2}$  cup  
Sliced  
Strawberries

Sample Breakfast

$\frac{3}{4}$  cup  
Unflavored Low-Fat (1%)  
or Fat-Free (Skim) milk



**1 Taco**  
Made with  
 **$1\frac{1}{2}$  oz.**  
Lean Ground Beef,  
 **$\frac{1}{4}$  cup**  
Lettuce\*, and  
 **$\frac{1}{8}$  cup**  
Chopped Tomatoes

$\frac{1}{2}$  serving  
Enriched Flour Tortilla



$\frac{1}{4}$  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  $\frac{1}{4}$  cup of lettuce and  $\frac{1}{8}$  cup of tomatoes in the taco meets the vegetable component, and the  $\frac{1}{4}$  cup of sweet potatoes is used to meet the fruit component.

\*Raw leafy greens, such as lettuce, credit for half the amount served. The  $\frac{1}{4}$  cup of lettuce in the taco counts as  $\frac{1}{8}$  cup of vegetables in this meal.

### What is in a Lunch or Supper?

- Milk (6 fl. oz. or  $\frac{3}{4}$  cup)
- Meat/Meat Alternate ( $1\frac{1}{2}$  oz. eq.)
- Vegetables ( $\frac{1}{4}$  cup)
- Fruit ( $\frac{1}{4}$  cup)
- Grains ( $\frac{1}{2}$  serving)



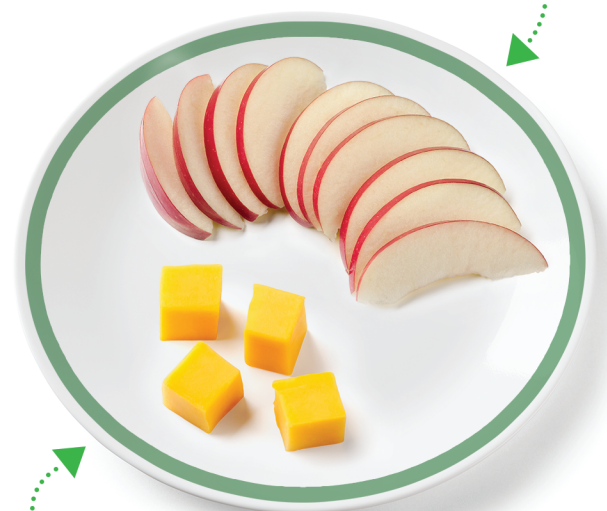
All grains served must be whole grain-rich or enriched.  
Breakfast cereals may also be fortified.  
At least one grain served each day must be whole grain-rich.

### What is in a Snack?

- Pick 2:
- Milk (4 fl. oz. or  $\frac{1}{2}$  cup)
  - Meat/Meat Alternate ( $\frac{1}{2}$  oz. eq.)
  - Vegetables ( $\frac{1}{2}$  cup)
  - Fruit ( $\frac{1}{2}$  cup)
  - Grains ( $\frac{1}{2}$  serving)



$\frac{1}{2}$  cup  
Apple Slices



$\frac{1}{2}$  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>.



Food and Nutrition Service  
FNS-668  
August 2017  
USDA is an equal opportunity  
provider, employer, and lender.