

### **CACFP Child Meal Pattern**

Must serve the required components and serving sizes

### **Breakfast**

Must serve milk, vegetables or fruit, and a grain.

A meats/meat alternates may be served in place of the entire grains component a maximum of 3 times per week.

| Meal Components and Food Items  | Ages 1-2        | Ages 3-5                                  | Ages 6-12       | Ages 13-18      |
|---|-----------------|---|-----------------|-----------------|
| Fluid Milk  1-year olds: Unflavored whole milk  2-5-year-olds: Unflavored 1% or skim  6-18-year-olds: Unflavored or flavored 1% or skim                       | ½ cup<br>(4 oz) | <sup>3</sup> / <sub>4</sub> cup<br>(6 oz) | 1 cup<br>(8 oz) | 1 cup<br>(8 oz) |
| Vegetables or Fruits (or portions of both)  • Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack per day | ½ cup           | ½ cup                                     | ½ cup           | ½ cup           |

#### **Grains**

- Must be whole grain-rich, enriched, or fortified
- One serving per day must be whole grain-rich
- Cereals must contain no more than 6 grams of added sugars per dry ounce
- Grain-based desserts are not creditable (see <u>Exhibit A: Grains Chart</u>, footnote 3 or 4)

| Bread   | ½ oz eq | ½ oz eq | 1 oz eq   | 1 oz eq |
|---|---------|---------|-----------|---------|
| Bread products such as biscuits, rolls, or muffins Refer to the <u>CACFP Grains Chart</u> for options and serving sizes | ½ oz eq | ½ oz eq | 1 oz eq   | 1 oz eq |
| Cooked breakfast cereal, cereal grain, rice and/or pasta  | ½ cup   | ½ cup   | ½ cup     | ½ cup   |
| Ready-to-eat breakfast cereal (dry, cold)   |         |         |           |         |
| Flakes or rounds  | ½ cup   | ½ cup   | 1 cup     | 1 cup   |
| Puffed cereal   | ¾ cup   | ¾ cup   | 1 1/4 cup | 1 ¼ cup |
| Granola   | 1/8 cup | 1/8 cup | 1/4 cup   | ⅓ cup   |

#### Meats/Meat Alternates

Not required at breakfast but may be served in place of entire grains component a maximum of 3 times per week

|  | ½ oz eq =         | ½ oz eq =           | 1 oz eq =                                   | 1 oz eq =         |
|--|-------------------|---------------------|---|-------------------|
| Lean meat, poultry, or fish  | ½ oz              | ½ oz                | 1 oz  | 1 oz              |
| Cheese (natural and processed; soft and hard)  | ½ oz              | ½ oz                | 1 oz  | 1 oz              |
| Shredded cheese  | (½ cup)           | (1/8 cup)           | (½ cup)                                     | (½ cup)           |
| Cottage cheese, ricotta cheese, cheese spread, cheese food 2 ounces = 1-ounce equivalent meats/meat alternates                             | ½ cup<br>(1 oz)   | ½ cup<br>(1 oz)     | ½ cup<br>(2 oz)                             | ½ cup<br>(2 oz)   |
| Egg, whole, large  | ½ egg             | ½ egg               | ½ egg                                       | ½ egg             |
| Beans, peas, and lentils   | 1/8 cup           | 1/8 cup             | ½ cup                                       | ½ cup             |
| Yogurt (regular and soy) - Must contain no more than 12 grams of added sugars per 6 ounces   | ½ cup<br>(2 oz)   | ½ cup<br>(2 oz)     | ½ cup<br>(4 oz)                             | ½ cup<br>(4 oz)   |
| Peanut butter, soy nut butter or other nut or seed butters   | 1 Tbsp            | 1 Tbsp              | 2 Tbsp                                      | 2 Tbsp            |
| Peanuts, soy nuts, tree nuts or seeds  | ½ oz              | ½ oz                | 1 oz  | 1 oz              |
| Surimi   | 1.5 oz            | 1.5 oz              | 3 oz  | 3 oz              |
| Tempeh   | ½ oz              | ½ oz                | 1 oz  | 1 oz              |
| Tofu (commercially prepared) 2.2 oz. (1/4 cup) must contain at least 5 grams of protein  | ½ cup<br>(1.1 oz) | 1/8 cup<br>(1.1 oz) | <sup>1</sup> / <sub>4</sub> cup<br>(2.2 oz) | ½ cup<br>(2.2 oz) |
| Soy products (e.g. soy sausage, veggie burgers) or alternate protein products. Must meet the requirements in <u>Appendix A</u> to Part 226 | ½ oz              | ½ oz                | 1 oz  | 1 oz              |



# **CACFP Child Meal Pattern**

### Must serve the required components and serving sizes

| Meal Components and Food Items   | Lunch and Supper All five components required for a reimbursable meal  |                                    |               |                |                 |
|--|--|------------------------------------|---------------|----------------|-----------------|
| **Prepara olds: Unflavored whole milk ** 2-5-year-olds: Unflavored 1% or skim ** 2-5-year-olds: Unflavored 1% or skim ** 4-10 year-olds: Unflavored of flavored 1% or skim ** 4-10 year-olds: U | Meal Components and Food Items   | Ages 1-2                           | Ages 3-5      | Ages 6-12      | Ages 13-18      |
| Lean meat, poultry, or fish 10z eq = 1½ oz eq = 20z eq = 20z eq = 10z chesse (natural and processed; soft and hard) 10z 1½ oz 2 0z 2   | <ul><li>1-year olds: Unflavored whole milk</li><li>2-5-year-olds: Unflavored 1% or skim</li></ul>  | •                                  |               | •              | -               |
| Lean meat, poultry, or fish  1 oz 1½ oz 2 oz 2 oz  Cheses (natural and processed; soft and hard)  1 oz 1½ oz 2 oz 2 oz  Shredded cheese  (½ cup) (⅓ cup) (½ cup) (½ cup) (½ cup)  Cottage cheese, ricotta cheese, cheese spread, cheese food 2 ounces = 1-ounce equivalent meats/meat alternates  (2 oz) (3 oz) (4 oz) (4 oz)  Egg, whole, large  1 egg  Beans, peas, and lentils  ½ cup  Peanut butter, soy nut butter or other nut or seed butters  2 Tbsp  3 Tbsp  4 Tbsp  4 Tbsp  Peanuts, soy nuts, tree nuts or seeds  1 oz 1½ oz 2 oz 2 oz  Yogurt (regular and soy)  - Must contain no more than 12 grams of added sugars per 6 ounces  Surimi  3 oz 4.4 oz 6 oz 6 oz  Tempeh  1 oz 1½ oz 2 oz 2 oz  Tofu (commercially prepared) 2.2 oz (1/4 cup) must contain at least 5 grams of protein  2.2 oz (1/4 cup) must contain at least 5 grams of protein  Soy products (e.g. soy sausage, veggie burgers etc.) or alternate protein products. Must meet the requirements in Appendix A to Part 226  Fruits  Frits  • Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day  • A second, different vegetable may be served in place of the entire fruit component. When served, the minimum fruit serving size must be served  Cerais must contain no more than 6 grams of added sugars per dry ounce  • Cereals must contain no more than 6 grams of added sugars per dry ounce  • Cereals must contain no more than 6 grams of added sugars per dry ounce  • Cereals must contain no more than 6 grams of added sugars per dry ounce  • Cereals must contain no more than 6 grams of added sugars per dry ounce  • Cereals must contain no more than 6 grams of added sugars per dry ounce  • Cereals must contain no more than 6 grams of added sugars per dry ounce  • Cereals must contain no more than 6 grams of added sugars per dry ounce  • Cereals must contain no more than 6 grams of added sugars per dry ounce  • Cereals must contain no more than 6 grams of added sugars per dry ounce  • Cereals must contain no more than 6 grams of added | Meats/Meat Alternates Amounts below m  | ust be served                      | to meet the m | /ma serving si | ze requirements |
| Cheese (natural and processed; soft and hard)  1 oz 1½ oz 2 oz 2 oz Shredded cheese (¼ cup) (3/8 cup) (½ cup) (½ cup) (½ cup)  Cottage cheese, ricotta cheese, cheese spread, cheese food 2 oz 2   |  | 1 oz eq =                          | 1 ½ oz eq =   | 2 oz eq =      | 2 oz eq =       |
| Shredded cheese (¼ cup) (3/8 cup) (½ cup) (½ cup)  Cottage cheese, ricotta cheese, cheese spread, cheese food 2 unces = 1-ounce equivalent meats/meat alternates (2 oz) (3 oz) (4 oz) (4 oz)  Egg, whole, large ½ egg ¼ egg 1 egg 2 egg 1 egg 2  | Lean meat, poultry, or fish  | 1 oz                               | 1½ oz         | 2 oz           | 2 oz            |
| Cottage cheese, ricotta cheese, cheese spread, cheese food 2 ounces = 1-ounce equivalent meats/meat alternates   | Cheese (natural and processed; soft and hard)  | 1 oz                               | 1½ oz         | 2 oz           | 2 oz            |
| 2 ounces = 1-ounce equivalent meats/meat alternates  (2 oz) (3 oz) (4 oz) (4 oz)  Egg, whole, large  1/2 egg 3/4 egg 1 e | Shredded cheese  | ( <sup>1</sup> / <sub>4</sub> cup) | (3/8 cup)     | (½ cup)        | (½ cup)         |
| Egg, whole, large  |  | •                                  | •             | •              | •               |
| Beans, peas, and lentils    1/4 cup   3/8 cup   1/2 cup   1/2 cup     Peanut butter, soy nut butter or other nut or seed butters   2 Tbsp   3 Tbsp   4 Tbsp   4 Tbsp     Peanuts, soy nuts, tree nuts or seeds   1 oz   11/2 oz   2 oz   2 oz     Yogurt (regular and soy)   1/2 cup   3/4 cup   1 cup   1 cup     Must contain no more than 12 grams of added sugars per 6 ounces   1/2 cup   3/4 cup   1 cup   1 cup     (6 oz)   (8 oz)   (8 oz)     (8 oz)   (8 oz)     Surimi   3 oz   4.4 oz   6 oz   6 oz     Tempeh   1 oz   11/2 oz   2 oz   2 oz     Tofu (commercially prepared)   1/4 cup   1/2 cup   1/2 cup     2.2 oz. (1/4 cup) must contain at least 5 grams of protein   (2.2 oz)   (3.3 oz)   (4.4 oz)     Soy products (e.g. soy sausage, veggie burgers etc.) or alternate protein products. Must meet the requirements in Appendix A to Part 226     Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day   1/8 cup   1/4 cup   1/4 cup   1/4 cup     Fruits   Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day   1/8 cup   1/4 cup   1/4 cup   1/4 cup     Fruits   Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day   1/8 cup   1/4 cup   1/4 cup   1/4 cup     Fruits   Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day   1/8 cup   1/4 cup   1/4 cup   1/4 cup     Fruits   Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day   1/8 cup   1/4 cup   1/4 cup   1/4 cup     Fruits   Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day   1/8 cup   1/4 cup  | Egg, whole, large  | 1                                  | 3/4 egg       | i '            |                 |
| Peanut butter, soy nut butter or other nut or seed butters  2 Tbsp 3 Tbsp 4 Tbsp 4 Tbsp Peanuts, soy nuts, tree nuts or seeds  1 oz 1½ oz 2 oz 2 oz  Yogurt (regular and soy) - Must contain no more than 12 grams of added sugars per 6 ounces  Wegetables - Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day - A second, different vegetable may be served in place of the entire fruit component. When served, the minimum fruit serving size must be served  Peanuts, soy nut butter or other nut or seed butters  2 Tbsp 3 Tbsp 4 Tbsp 4 Tbsp  1 vz 0z 2 oz 2 oz  2 oz  2 oz  4 d oz 6 oz 6 oz  6 oz  6 oz  6 oz  7 d ut 0z 0z 1½ oz 2 oz 2 oz  7 d ut 0z 0z (1/4 cup) must contain at least 5 grams of protein  9 2 oz (1/4 cup) must contain at least 5 grams of protein  1 oz 0z 0z 0z 0z  2 oz  8 cup 1½ oz 0z 0z  2 oz  2 oz  7 oz  8 cup 1½ cup 1½ cup 1½ cup  9 cup 1½ cup 1½ cup  1/4 cup 1½ cup 1½ cup 1½ cup  1/4 cup 1½ cup 1½ cup  1/4 cup 1½ cup 1½ cup 1½ cup  1/4 cup 1½ cup 1½ cup 1½ cup  1/4 cup 1½ cup 1½ cup  1/4 cup 1½ cup 1½ c | Beans, peas, and lentils   |                                    |               | ½ cup          | ½ cup           |
| Peanuts, soy nuts, tree nuts or seeds  1 oz 1½ oz 2 oz 2 oz  Yogurt (regular and soy)  - Must contain no more than 12 grams of added sugars per 6 ounces  Must contain no more than 12 grams of added sugars per 6 ounces  Surimi  3 oz 4.4 oz 6 oz 6 oz  Tempeh  1 oz 1½ oz 2 oz 2 oz  Tofu (commercially prepared)  2.2 oz. (1/4 cup) must contain at least 5 grams of protein  Soy products (e.g. soy sausage, veggie burgers etc.) or alternate protein products. Must meet the requirements in Appendix A to Part 226  Vegetables  Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day  A second, different vegetable may be served in place of the entire fruit component. When served, the minimum fruit serving size must be served  Pread  Must be whole grain-rich, enriched, or fortified One serving per day must be whole grain-rich  Pread  Pread Products, such as biscuits, rolls, or muffins Refer to the CACEP Grains Chart for options and serving sizes  1 oz 1½ oz 2 oz 2 oz  2 oz  2 oz  4.4 oz 6 oz 6 oz  6 oz  6 oz  7 oz  2 oz  2 oz  2 oz  7 oz  9 de var   | Peanut butter, soy nut butter or other nut or seed butters   | 1                                  | 3 Tbsp        | ·              | -               |
| - Must contain no more than 12 grams of added sugars per 6 ounces  Surimi  3 oz 4.4 oz 6 oz 6 oz  Tempeh  1 oz 1½ oz 2 oz 2 oz  Tofu (commercially prepared) 2.2 oz. (1/4 cup) must contain at least 5 grams of protein  Soy products (e.g. soy sausage, veggie burgers etc.) or alternate protein products. Must meet the requirements in Appendix A to Part 226  Vegetables  • Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day  • A second, different vegetable may be served in place of the entire fruit component. When served, the minimum fruit serving size must be served  • Cereals must contain no more than 6 grams of added sugars per dry ounce of Grain-based desserts are not creditable (see Exhibit A: Grains Chart, footnote 3 or 4)  • Cereals must contain no more than 6 grams of added sugars per dry ounce of Grain-based desserts are not creditable (see Exhibit A: Grains Chart, footnote 3 or 4)  • Cereals must contain no more than 6 grams of added sugars per dry ounce of Grain-based desserts are not creditable (see Exhibit A: Grains Chart, footnote 3 or 4)   |  | •                                  |               | ·              |                 |
| Tempeh  1 oz 1½ oz 2 oz 2 oz  Tofu (commercially prepared) 2.2 oz. (1/4 cup) must contain at least 5 grams of protein (2.2 oz) (3.3 oz) (4.4 oz) (4.4 oz)  Soy products (e.g. soy sausage, veggie burgers etc.) or alternate protein products. Must meet the requirements in Appendix A to Part 226  Vegetables  • Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day  • A second, different vegetable may be served in place of the entire fruit component. When served, the minimum fruit serving size must be served  • Must be whole grain-rich, enriched, or fortified • One serving per day must be whole grain-rich  Bread  1 oz 1½ oz 2 oz 2 oz 2 oz 4 oz 4 cup ½ cup  |  | · ·                                |               | •              | •               |
| Tofu (commercially prepared) 2.2 oz. (1/4 cup) must contain at least 5 grams of protein  8. Soy products (e.g. soy sausage, veggie burgers etc.) or alternate protein products. Must meet the requirements in Appendix A to Part 226  1 oz  1 ½ oz  2 oz  2 oz  Vegetables  • Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day  • A second, different vegetable may be served in place of the entire fruit component. When served, the minimum fruit serving size must be served  • Must be whole grain-rich, enriched, or fortified • One serving per day must be whole grain-rich  Bread  1/2 oz eq  1/ | Surimi   | 3 oz                               | 4.4 oz        | 6 oz           | 6 oz            |
| 2.2 oz. (1/4 cup) must contain at least 5 grams of protein  (2.2 oz) (3.3 oz) (4.4 oz) (4.4 oz)  Soy products (e.g. soy sausage, veggie burgers etc.) or alternate protein products. Must meet the requirements in Appendix A to Part 226  Vegetables  • Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day  • A second, different vegetable may be served in place of the entire fruit component. When served, the minimum fruit serving size must be served  • Must be whole grain-rich, enriched, or fortified • One serving per day must be whole grain-rich  Bread  * Cereals must contain no more than 6 grams of added sugars per dry ounce • Grain-based desserts are not creditable (see Exhibit A: Grains Chart, footnote 3 or 4)  Bread  * Yo oz eq   | Tempeh   | 1 oz                               | 1½ oz         | 2 oz           | 2 oz            |
| Vegetables  • Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day  • Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day  • A second, different vegetable may be served in place of the entire fruit component. When served, the minimum fruit serving size must be served  • Cereals must contain no more than 6 grams of added sugars per dry ounce entire fruit component. When served the minimum fruit serving per day must be whole grain-rich  • Cereals must contain no more than 6 grams of added sugars per dry ounce entire fruit component. When served the minimum fruit serving per day must be whole grain-rich  • Cereals must contain no more than 6 grams of added sugars per dry ounce entire fruit contain no more than 6 grams of added sugars per dry ounce entire fruit contain no more than 6 grams of added sugars per dry ounce entire fruit contain no more than 6 grams of added sugars per dry ounce entire fruit contain no more than 6 grams of added sugars per dry ounce entire fruit contain no more than 6 grams of added sugars per dry ounce entire fruit contain no more than 6 grams of added sugars per dry ounce entire fruit contain no more than 6 grams of added sugars per dry ounce entire fruit contain no more than 6 grams of added sugars per dry ounce entire fruit contain no more than 6 grams of added sugars per dry ounce entire fruit contain no more than 6 grams of added sugars per dry ounce entire fruit contain no more than 6 grams of added sugars per dry ounce entire fruit contain no more than 6 grams of added sugars per dry ounce entire fruit contain no more than 6 grams of added sugars per dry ounce entire fruit contain no more than 6 grams of added sugars per dry ounce entire fruit contain no more than 6 grams of added sugars per dry ounce entire fruit contain no more than 6 grams of added sugars per dry ounce entire fruit contain no more than 6 grams of added sugars per dry ounce entire fruit fruit |  | •                                  |               | •              | •               |
| • Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day  • Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day • A second, different vegetable may be served in place of the entire fruit component. When served, the minimum fruit serving size must be served  • Must be whole grain-rich, enriched, or fortified • One serving per day must be whole grain-rich  Bread  • Cereals must contain no more than 6 grams of added sugars per dry ounce • Grain-based desserts are not creditable (see Exhibit A: Grains Chart, footnote 3 or 4)  Bread  • Level 1/4 cup 1/4 cup 1/4 cup 1/4 cup  • Cereals must contain no more than 6 grams of added sugars per dry ounce • Grain-based desserts are not creditable (see Exhibit A: Grains Chart, footnote 3 or 4)  Bread  • Level 1/4 cup 1/4  |  | 1 oz                               | 1½ oz         | 2 oz           | 2 oz            |
| <ul> <li>Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day</li> <li>A second, different vegetable may be served in place of the entire fruit component. When served, the minimum fruit serving size must be served</li> <li>Must be whole grain-rich, enriched, or fortified</li> <li>One serving per day must be whole grain-rich</li> <li>Grain-based desserts are not creditable (see Exhibit A: Grains Chart, footnote 3 or 4)</li> <li>Bread</li> <li>Bread products, such as biscuits, rolls, or muffins Refer to the CACFP Grains Chart for options and serving sizes</li> <li>Full-strength juice may only be offered to meet the vegetable as cup 1/4 cup</li> <li>Cup 1/4 cup</li> <li>Ye cup 1/4</li></ul>   | Full-strength juice may only be offered to meet the vegetable  | ½ cup                              | ⅓ cup         | ½ cup          | ½ cup           |
| <ul> <li>Must be whole grain-rich, enriched, or fortified</li> <li>One serving per day must be whole grain-rich</li> <li>Grain-based desserts are not creditable (see Exhibit A: Grains Chart, footnote 3 or 4)</li> <li>Bread</li> <li>½ oz eq</li> <li>½ oz eq</li> <li>1/2 oz eq</li> <li>1 oz eq</li> <li>1 oz eq</li> </ul>   | <ul> <li>Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day</li> <li>A second, different vegetable may be served in place of the entire fruit component. When served, the minimum fruit</li> </ul> | ½ cup                              | ½ cup         | ½ cup          | ½ cup           |
| Bread products, such as biscuits, rolls, or muffins Refer to the CACFP Grains Chart for options and serving sizes  1/2 oz eq 1 oz eq 1 oz eq   | <ul> <li>Must be whole grain-rich, enriched, or fortified</li> <li>One serving per day must be whole grain-rich</li> <li>Grain-based desserts are not creditable (see <u>Exhibit A: Grains Chart</u>,</li> </ul>   |                                    |               |                |                 |
| Bread products, such as biscuits, rolls, or muffins Refer to the CACFP Grains Chart for options and serving sizes  1/2 oz eq 1 oz eq 1 oz eq   | Bread  | ½ oz eq                            | ½ oz eq       | 1 oz eq        | 1 oz eq         |
| Rice, pasta, grains, and/or cooked cereals  1/4 cup 1/4 cup 1/2 cup  |  | ½ oz eq                            |               | 1 oz eq        | 1 oz eq         |
|  | Rice, pasta, grains, and/or cooked cereals   | ½ cup                              | ½ cup         | ½ cup          | ½ cup           |



## **CACFP Child Meal Pattern**

Must serve the required components and serving sizes

| <b>Snack</b> Must serve 2 of the 5 components. Only 1 of the 2 components may be a beverage.  |                   |                   |                   |                   |
|---|-------------------|-------------------|-------------------|-------------------|
| Meal Components and Food Items  | Ages 1-2          | Ages 3-5          | Ages 6-12         | Ages 13-18        |
| Fluid Milk  1-year olds: Unflavored whole milk  2-5-year-olds: Unflavored 1% or skim  6-18-year-olds: Unflavored or flavored 1% or skim   | ½ cup<br>(4 oz)   | ½ cup<br>(4 oz)   | 1 cup<br>(8 oz)   | 1 cup<br>(8 oz)   |
| Meats/Meat Alternates Amounts below m   | ust be served t   | o meet the m/     | ma serving size   | e requirements    |
|   | ½ oz eq =         | ½ oz eq =         | 1 oz eq =         | 1 oz eq =         |
| Lean meat, poultry, or fish   | ½ oz              | ½ oz              | 1 oz              | 1 oz              |
| Cheese (natural and processed; soft and hard)   | ½ oz              | ½ oz              | 1 oz              | 1 oz              |
| Shredded cheese   | (½ cup)           | (½ cup)           | (½ cup)           | (½ cup)           |
| Cottage cheese, ricotta cheese, cheese spread, cheese food 2 ounces = 1 ounce equivalent meats/meat alternates  | ½ cup<br>(1 oz)   | ½ cup<br>(1 oz)   | ½ cup<br>(2 oz)   | ½ cup<br>(2 oz)   |
| Egg, whole, large   | ½ egg             | ½ egg             | ½ egg             | ½ egg             |
| Beans, peas, and lentils  | 1/8 cup           | 1/8 cup           | 1/4 cup           | 1/4 cup           |
| Peanut butter, soy nut butter or other nut or seed butters  | 1 Tbsp            | 1 Tbsp            | 2 Tbsp            | 2 Tbsp            |
| Peanuts, soy nuts, tree nuts or seeds   | ½ oz              | ½ oz              | 1 oz              | 1 oz              |
| Yogurt (regular and soy)  - Must contain no more than 12 grams of added sugars per 6 ounces   | ½ cup<br>(2 oz)   | ½ cup<br>(2 oz)   | ½ cup<br>(4 oz)   | ½ cup<br>(4 oz)   |
| Surimi  | 1.5 oz            | 1.5 oz            | 3 oz              | 3 oz              |
| Tempeh  | ½ oz              | ½ oz              | 1 oz              | 1 oz              |
| Tofu (commercially prepared) 2.2 oz. (1/4 cup) must contain at least 5 grams of protein   | ½ cup<br>(1.1 oz) | ½ cup<br>(1.1 oz) | ½ cup<br>(2.2 oz) | ½ cup<br>(2.2 oz) |
| Soy products (e.g. soy sausage, veggie burgers) or alternate protein products. Must meet the requirements in <u>Appendix A</u> to Part 226  | ½ oz              | ½ oz              | 1 oz              | 1 oz              |
| Vegetables*   | ½ cup             | ½ cup             | ¾ cup             | ¾ cup             |
| Fruits*   | ½ cup             | ½ cup             | ¾ cup             | ³∕₄ cup           |
| * Full-strength juice may only be offered to meet the vegetable or  | fruit requirem    | ent at one me     | al or snack, pe   | r day             |
| <ul> <li>Grains</li> <li>Must be whole grain-rich, enriched, or fortified</li> <li>One serving per day must be whole grain-rich</li> <li>Cereals must contain no more than 6 grams of added sugars per dry ounce</li> <li>Grain-based desserts are not creditable (see Exhibit A: Grains Chart, footnote 3 or 4)</li> </ul> |                   |                   |                   |                   |
| Bread   | ½ oz eq           | ½ oz eq           | 1 oz eq           | 1 oz eq           |
| Bread products, such as biscuits, rolls, crackers, or muffins<br>Refer to the <u>CACFP Grains Chart</u> for options and serving sizes   | ½ oz eq           | ½ oz eq           | 1 oz eq           | 1 oz eq           |
| Cooked breakfast cereal, cereal grain, rice and/or pasta  | ½ cup             | ½ cup             | ½ cup             | ½ cup             |
| Ready-to-eat breakfast cereal (dry, cold)   | •                 |                   | ·                 | •                 |
| Flakes or rounds  | ½ cup             | ½ cup             | 1 cup             | 1 cup             |
| Puffed cereal   | ¾ cup             | ¾ cup             | 1 1/4 cup         | 1 1/4 cup         |
| Granola   | 1∕8 cup           | 1/8 cup           | ½ cup             | ½ cup             |