

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

Sample Meals for Children Ages 6-12 and 13-18



**What is in a Breakfast?**

Milk (8 fl. oz. or 1 cup)  
Vegetables, Fruit, or Both (½ cup)  
Grains (1 serving)

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

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

**1 Banana**

**1 serving**  
Whole Grain-Rich Cereal  
Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

**Sample Breakfast**

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

**1/4 cup**  
Watermelon  
Chunks

**1/2 cup**  
Brown Rice

**Chicken Stir-Fry**  
Made with  
**2 oz.**  
Chicken Breast and  
**1/2 cup**  
Mixed Vegetables

**Sample Lunch/Supper**

**What is in a Lunch or Supper?**

Milk (8 fl. oz. or 1 cup)  
Meat/Meat Alternate (2 oz. eq.)  
Vegetables (½ cup)  
Fruit (¼ cup)  
Grains (1 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.



Offer and make water available all day.



**What is in a Snack?**

Pick 2:  
Milk (8 fl. oz. or 1 cup)  
Meat/Meat Alternate (1 oz. eq.)  
Vegetables (¾ cup)  
Fruit (¾ cup)  
Grains (1 serving)

**1 serving**  
Crackers

**3/4 cup**  
Mandarin  
Oranges

**Sample Snack**

**Note:** Serving sizes are minimums.

Flavored low-fat (1%) milk is allowed for children ages 6 and older and adults in the CACFP from July 1, 2018, until June 30, 2019, and is subject for updates pending *Final Rule for Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements*. 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-669  
Slightly Revised June 2018  
USDA is an equal opportunity provider, employer, and lender.