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

Sample Meals for Adults

What is in a Breakfast?
- Milk (8 fl. oz. or 1 cup)
- Vegetables, Fruit, or Both (½ cup)
- Grains (2 servings)
- Optional: Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.

What is in a Lunch or Supper?
- Milk (8 fl. oz. or 1 cup)
- Meat/Meat Alternate (2 oz. eq.)
- Vegetables (½ cup)
- Fruit (½ cup)
- Grains (2 servings)

What is in a Snack?
- Pick 2:
  - Milk (8 fl. oz. or 1 cup)
  - Meat/Meat Alternate (1 oz. eq.)
  - Vegetables (½ cup)
  - Fruit (½ cup)
  - Grains (1 serving)

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.

For Adult Participants Only:
- 3/4 cup (6 oz.) of yogurt may be used to meet the milk requirement, when yogurt is not served as a meat alternate in the same meal.
- Yogurt must not contain more than 23 grams of sugar per 6 oz.

Offer and make water available all day.

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