

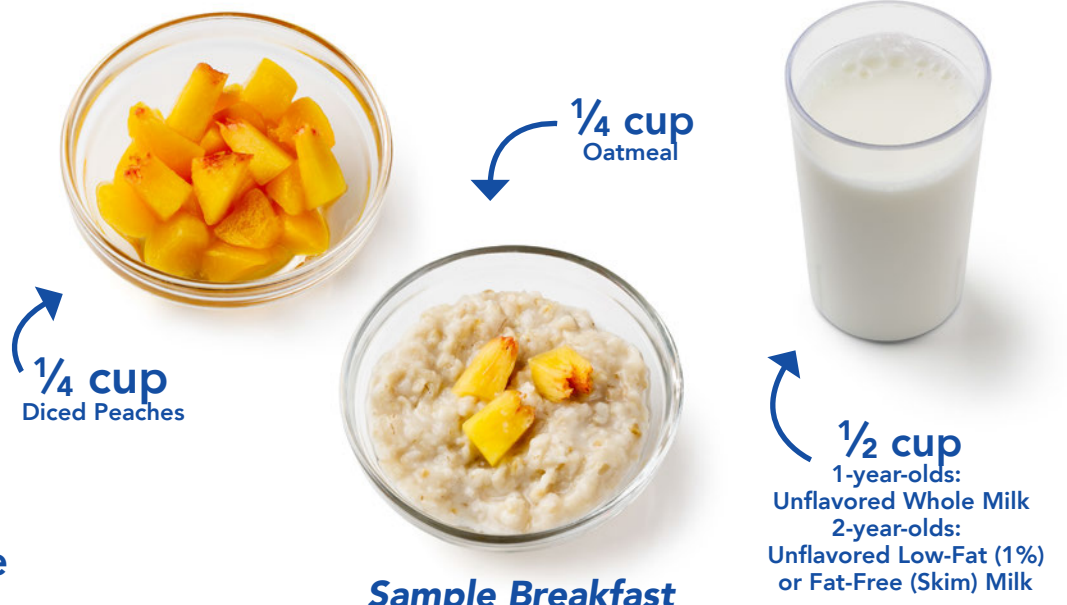
Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 1-2

What is in a Breakfast?

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

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



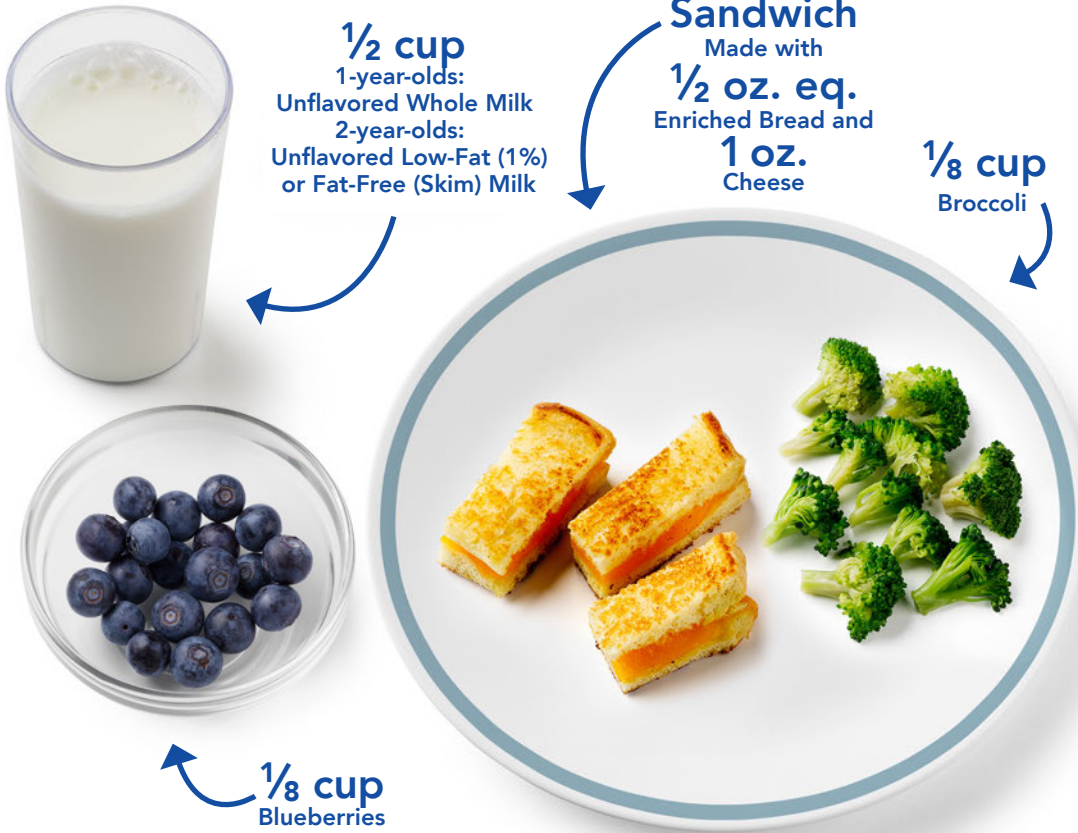
Sample Breakfast

Grilled Cheese Sandwich

Made with
1/2 oz. eq.
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)
Meats/Meat Alternates (1 oz. eq.)
Vegetables (1/8 cup)
Fruits (1/8 cup)
Grains (1/2 oz. eq.)



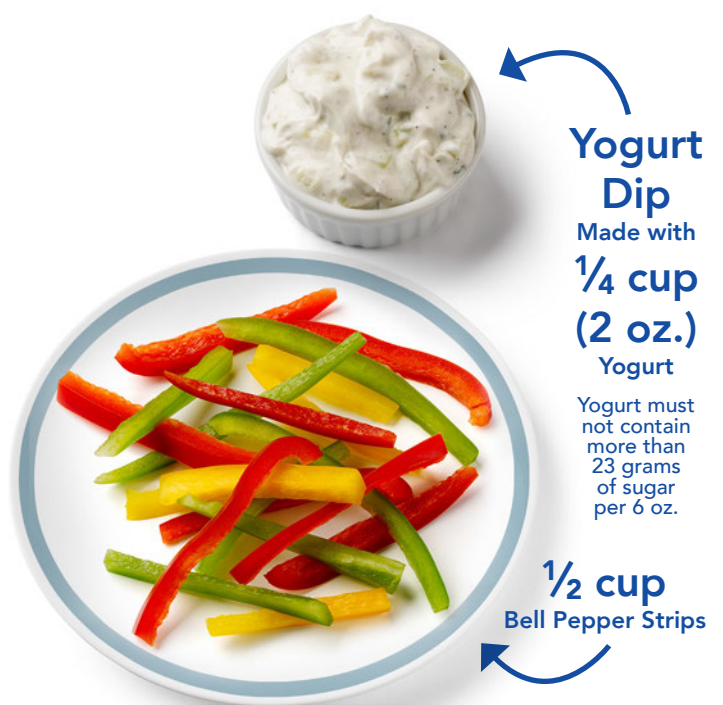
All grains served must be whole grain-rich or enriched.
Breakfast cereals may also be fortified.
At least one grain served each day must be whole grain-rich.

What is in a Snack?

Pick 2:
Milk (4 fl. oz. or 1/2 cup)
Meats/Meat Alternates (1/2 oz. eq.)
Vegetables (1/2 cup)
Fruits (1/2 cup)
Grains (1/2 oz. eq.)



Offer and make water available all day.



Sample Snack

Note: Serving sizes are minimums.

Learn more about the CACFP meal patterns at <https://teamnutrition.usda.gov>.



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