

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, Fruits, or Both ($\frac{1}{2}$ cup)
- Grains ($\frac{1}{2}$ oz. eq.)

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

$\frac{1}{2}$ oz. eq.
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

$\frac{1}{2}$ oz. eq.
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 vegetables component, and the $\frac{1}{4}$ cup of sweet potatoes is used to meet the fruits 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)
- Meats/Meat Alternates ($1\frac{1}{2}$ oz. eq.)
- Vegetables ($\frac{1}{4}$ cup)
- Fruits ($\frac{1}{4}$ cup)
- Grains ($\frac{1}{2}$ 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.



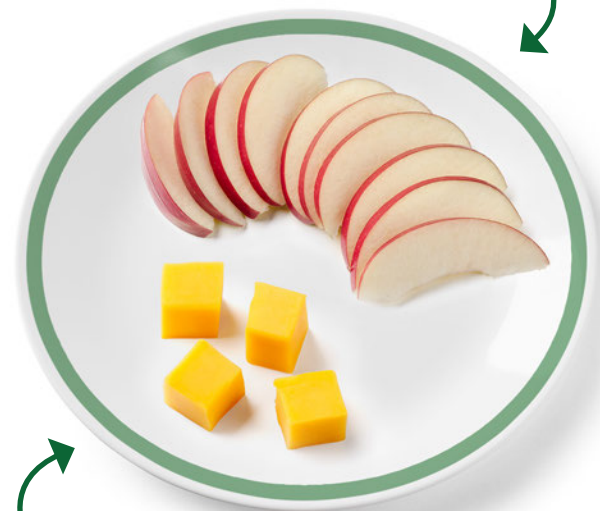
Offer and make water available all day.



What is in a Snack?

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

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



$\frac{1}{2}$ oz.
Cheddar Cheese

Sample Snack

Note: Serving sizes are minimums.

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



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