

# Child and Adult Care Food Program (CACFP) Meal Pattern for Preschoolers

<b>Breakfast (Must serve all 3 components for a reimbursable meal)</b>		
<b>Food Components and Food Items</b>	<b>Ages 1-2<sup>1</sup></b>	<b>Ages 3-5<sup>1</sup></b>
<b>Fluid Milk<sup>2</sup></b>	1/2 cup	3/4 cup
<b>Vegetables, Fruits, or portions of both<sup>3</sup></b>	1/4 cup	1/2 cup
<b>Grains (oz equivalent)<sup>4,5,6,7</sup></b>		
Whole grain-rich or enriched bread	1/2 oz	1/2 oz
Whole grain-rich or enriched bread product such as biscuit, roll or muffin	1/2 oz	1/2 oz
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>8</sup> , cereal grain, and/or pasta	1/4 cup	1/4 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry/cold) <sup>6,7</sup>		
Flakes or Rounds	1/2 cup	1/2 cup
Puffed Cereal	3/4 cup	3/4 cup
Granola	1/8 cup	1/8 cup
Meat/Meat Alternate in lieu of grain—Maximum 3 times per week <sup>5,9</sup>	1/2 oz	1/2 oz
<b>Lunch (Must serve all 5 components for a reimbursable meal)</b>		
<b>Food Components and Food Items</b>	<b>Ages 1-2<sup>1</sup></b>	<b>Ages 3-5<sup>1</sup></b>
<b>Fluid Milk<sup>2</sup></b>	1/2 cup	3/4 cup
<b>Meat/Meat Alternates</b>		
Lean Meat, poultry, or fish	1 oz	1 ½ oz
Tofu, soy product, or alternate protein product <sup>9</sup>	1 oz	1 ½ oz
Cheese	1 oz	1 ½ oz
Large Egg	1/2	3/4
Cooked dry beans or peas	1/4 cup	3/8 cup
Peanut butter or soy nut butter or another seed butter	2 Tbsp.	3 Tbsp.
Yogurt, plain or flavored, sweetened or unsweetened <sup>10</sup>	4 oz or 1/2 cup	6 oz or 3/4 cup
Nuts—no more than 50% of meat/meat alternate requirement	1/2 oz = 50%	3/4 oz = 50%
<b>Vegetables<sup>3,8</sup></b>	1/8 cup	1/4 cup
<b>Fruits<sup>3,8</sup></b>	1/8 cup	1/4 cup
<b>Grains (oz equivalent)<sup>4,6,7</sup></b>		
Whole grain-rich or enriched bread	1/2 oz	1/2 oz
Whole grain-rich or enriched bread product such as biscuit, roll or muffin	1/2 oz	1/2 oz
Whole grain-rich, enriched or fortified cooked cereal (dry/cold) <sup>6,7</sup> cereal grain and/or pasta	1/4 cup	1/4 cup

## Snack (Must serve at least 2 components for a reimbursable meal)

Food Components and Food Items	Ages 1-2 <sup>1</sup>	Ages 3-5 <sup>1</sup>
<b>Fluid Milk<sup>2</sup></b>	1/2 cup	1/2 cup
<b>Meat/Meat Alternates</b>		
Lean Meat, poultry, or fish	1/2 ounce	1/2 ounce
Tofu, soy product, or alternate protein product <sup>9</sup>	1/2 ounce	1/2 ounce
Cheese	1/2 ounce	1/2 ounce
Large Egg	1/4	1/4
Cooked dry beans or peas	1/8 cup	1/8 cup
Peanut butter or soy nut butter or another seed butter	1 Tbsp.	1 Tbsp.
Yogurt, plain or flavored, sweetened or unsweetened <sup>10</sup>	2 ounces or 1/4 cup	2 ounces or 1/4 cup
Peanuts, soy nuts, tree nuts or seeds	1/2 ounce	1/2 ounce
<b>Vegetables<sup>3,8</sup></b>	1/2 cup	1/2 cup
<b>Fruits<sup>3,8</sup></b>	1/2 cup	1/2 cup
<b>Grains (oz equivalent)<sup>4,6,7</sup></b>		
Whole grain-rich or enriched bread	1/2 ounce	1/2 ounce
Whole grain-rich or enriched bread product such as biscuit, roll or muffin	1/2 ounce	1/2 ounce
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>9</sup> , cereal grain, and/or pasta	1/4 cup	1/4 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry/cold) <sup>6,7</sup>		
Flakes or Rounds	1/2 cup	1/2 cup
Puffed Cereal	3/4 cups	3/4 cup
Granola	1/8 cup	1/8 cup

### IMPORTANT—Superscript Notations

1—Offer Versus Serve is not an option in CACFP.

2—Must be unflavored **whole** milk for children age one. Must be unflavored low-fat (1%) or unflavored fat-free (skim) for children 2—5 five years old.

3—Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

4—At least one serving per day, across all eating occasions, must be whole grain-rich. Grains-based desserts do not count towards meeting the grains requirement.

5—**Breakfast only:** Meat and Meat Alternates may be used to meet the entire grains requirement a maximum of three (3) times a week. One ounce of meat and meat alternate is equal to one serving of grains. (1-5 year olds—1/2 oz meat/cheese, 1 Tbsp nut butters, 2 oz-1/4 cup yogurt, 1/4 egg or 1/8 cup cooked dry beans or peas).

6—Beginning October 1, 2019, ounce equivalents are used to determine the quantity of grains.

7—Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

8—**Lunch only:** A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch, two different kinds of vegetables must be served.

9—Alternate protein products must meet requirements in 7 CFR Appendix A to Part 226 Alternate Foods for Meals.

10—Yogurt must contain no more than 23 grams of total sugars per 6 ounces

## Choose Yogurts That Are Lower in Added Sugars

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.



1

Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

2

Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

3

Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

4

In the table, look at the number to the right of the serving size amount, under the “Sugars” column.

**If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.**

Nutrition Facts	
Serving Size 8 oz (227g)	
Servings about 4	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Potassium</b> 400mg	<b>1%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 4g	<b>17%</b>
<b>Sugars</b> 9g	
<b>Protein</b> 10g	
Vitamin A 6%	Vitamin C 4%
Calcium 35%	Iron 0%
Vitamin D 6%	

**TIP:** If the serving size says “one container,” check the front of the package to see how many ounces or grams are in the container.

### Test Yourself:

Does the yogurt above meet the sugar requirement?  
(Check your answer on the next page)

Serving Size: \_\_\_\_\_

Sugars : \_\_\_\_\_

☐ Yes ☐ No



\*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP. For serving size requirements of yogurt in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.





# Try It Out!

Use the “Sugar Limits in Yogurt” table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the “Yogurts To Serve in the CACFP” list. You can use this as a shopping list when buying yogurts to serve in your program.



## Sugar Limits in Yogurt

Serving Size Ounces (oz)	Sugars Limit Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:		Sugars must not be more than:
1 oz	28 g	4 g
1.25 oz	35 g	5 g
1.5 oz	43 g	6 g
1.75 oz	50 g	7 g
2 oz	57 g	8 g
2.25 oz	64 g	9 g
2.5 oz	71 g	10 g
2.75 oz	78 g	11 g
3 oz	85 g	11 g
3.25 oz	92 g	12 g
3.5 oz	99 g	13 g
3.75 oz	106 g	14 g
4 oz	113 g	15 g
4.25 oz	120 g	16 g
4.5 oz	128 g	17 g

Serving Size Ounces (oz)	Sugars Limit Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:		Sugars must not be more than:
4.75 oz	135 g	18 g
5 oz	142 g	19 g
5.25 oz	149 g	20 g
5.3 oz	150 g	20 g
5.5 oz	156 g	21 g
5.75 oz	163 g	22 g
6 oz	170 g	23 g
6.25 oz	177 g	24 g
6.5 oz	184 g	25 g
6.75 oz	191 g	26 g
7 oz	198 g	27 g
7.25 oz	206 g	28 g
7.5 oz	213 g	29 g
7.75 oz	220 g	30 g
8 oz	227 g	31 g

## Yogurts To Serve in the CACFP\*

Yogurt Brand	Flavor	Serving Size (oz or g)	Sugars (g):
Yummy Yogurt	Vanilla	6 oz	13

\*The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

**Answer to “Test Yourself” activity on page 1:** This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.

## Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any sState agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at: <https://www.fns.usda.gov/wic/links-state-agency-wic-approved-food-lists>. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:



**1** Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

**2** Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

**3** Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

**4** In the table, look at the number to the right of the serving size amount, under the "Sugars" column.  
**If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.**

\*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

### Yummy Brand Cereal

#### Nutrition Facts

Serving Size $\frac{3}{4}$ cup (30g)		
Servings Per Container about 15		
Amount Per Serving	Cereal	with 1% cup skim milk
<b>Calories</b> 100	<b>100</b>	<b>140</b>
Calories from Fat 5	5	5
<b>% Daily Value*</b>		
<b>Total Fat</b> 0.5g	<b>1%</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 140mg	<b>6%</b>	<b>9%</b>
<b>Potassium</b> 90mg	<b>3%</b>	<b>8%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>	<b>11%</b>
<b>Sugars</b> 5g		
Other Carbohydrate 14g		
<b>Protein</b> 140mg		

#### Test Yourself:

Does the cereal above meet the sugar requirement?  
(Check your answer on the next page)

Serving Size: \_\_\_\_\_

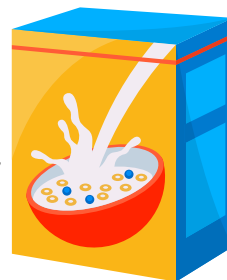
Sugars: \_\_\_\_\_

☐ Yes ☐ No

# Try It Out!



Use the “Sugar Limits in Cereal” table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the “Cereals To Serve in the CACFP” list. You can use this as a shopping list when buying cereals to serve in your program.



## Sugar Limits in Cereal

Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams

Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	16 grams
78-82 grams	17 grams
83-87 grams	18 grams
88-91 grams	19 grams
92-96 grams	20 grams
97-100 grams	21 grams

## Cereals To Serve in the CACFP\*

Cereal Brand	Cereal Name	Serving Size	Sugars (g)
Healthy Food Company	Nutty Oats	28 grams	5 grams

\*The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

**Answer to “Test Yourself” activity on page 1:** The cereal has 5 grams of sugar per 30 grams.  
The maximum amount of sugar allowed for 30 grams of cereal is 6 grams.  
5 is less than 6, so this cereal is creditable.

# Cereal Guide for Schools Serving Pre-K Students

The child care regulations for Pre-K students require all *low sugar cereals* to be served. The school meals regulations for K-12 students require all *whole grain-rich (WGR)* cereals to be served. Use the lists below to determine what cereals are allowed based on the grade of the student being served. Cereals listed in the Green column are allowed for both Pre-K and school-age students.

<b>WGR</b> With < 6 grams sugar per Ounce	<b>NOT WGR</b> With < 6 grams sugar per Ounce	<b>WGR</b> But <b>Too High in Sugar</b> for Pre-K
Alpha-Bits Cheerios (plain) or equivalent brand Cheerios, Multi-grain flavor Corn Chex Dora the Explorer Frosted Mini Wheats Grape Nuts Flakes Honey Bunches of Oats only the following flavors: Whole Grain Honey Crunch Whole Grain Almond Crunch Vanilla Bunches flavors Kix Original, Honey and Berry Berry flavor Life, (Plain flavor only) or equivalent Mini Spooners Original, Blueberry, Strawberry Cream Oatmeal Squares Brown Sugar or Cinnamon flavor Rice Chex, Plain Shredded Wheat Frosted or Honey Nut Sunbelt Simple Granola Wheat Chex	Corn Flakes Crispix or equivalent Honey Bunches of Oats Almond and Honey Roasted flavors Oat Blenders with Honey Honey/Almond flavor Rice Krispies or equivalent Special K Store brands of Rice Squares or Corn Squares	Apple Jacks Choc little Bits Cinnamon Life Cinnamon Toast Crunch or equivalent Cocoa Puffs Count Chocula Froot Loops WGR, or equivalent Frosted Flakes, WGR Reduced Sugar version Granola Honey Nut Cheerios or equivalent Lucky Charms Marshmallow Mateys Scooby Doo cereal
<b>ALLOWED FOR:</b> School-Age & Pre-K	<b>ALLOWED FOR:</b> Pre-K <b>NOT ALLOWED FOR:</b> School-Age	<b>ALLOWED FOR:</b> School-Age <b>NOT ALLOWED FOR:</b> Pre-K





## Grains - Breads Chart \*

### Crediting Whole-Grain Rich Products for School Meal Programs

All grain/bread items served must meet the USDA definition of “whole-grain-rich” (WGR). A WGR product is a food that contains at least 50% or more whole grain or a 50% or more blend of whole grains/whole meal & enriched flour/meal. <sup>1 2</sup>

This chart is used to determine how grain/bread items credit toward the meal pattern and the portion sized needed to credit as 1 grain serving or 1 ounce equivalent (oz eq). There are 16 grams (gm) of creditable grain ingredients in 1 oz eq.

	Grain Item	Portion Size		Credits As
		Ounces	Grams	
Group A	• Bread type coating	0.8 oz	22 gm	1 oz eq
	• Bread sticks (hard)	0.6 oz	17 gm	¾ oz eq oz
	• Chow Mein noodles	0.4 oz	11 gm	½ oz eq oz
	• Savory Crackers (snack crackers & ~ 8 saltines = 0.8 oz)	0.2 oz	6 gm	¼ oz eq oz
	• Croutons ( ~ ½ cup = 0.8 oz)			
Group B	• Pretzels (hard)			
	• Stuffing (dry, note - weight applies to bread in stuffing)			
	• Bagels	1.0 oz	28 gm	1 oz eq
	• Batter type coating	0.75 oz	21 gm	¾ oz eq oz
	• Biscuits	0.5 oz	14 gm	½ oz eq oz
Group C	• Breads (sliced whole wheat, French, Italian)	0.25 oz	7 gm	¼ oz eq oz
	• Buns (hamburger & hot dog)			
	• Sweet Crackers <sup>4</sup> (all shapes, animal crackers, & ~ 4 graham crackers)			
	• Egg roll skins			
	• English muffins			
Group D	• Pita bread (whole wheat or WGR)			
	• Pizza crust			
	• Pretzels (soft)			
	• Rolls (whole wheat or WGR)			
	• Tortillas (whole wheat or whole corn)			
Group E	• Tortilla chips (whole wheat or whole corn)			
	• Taco shells (whole wheat or whole corn ~ 2 hard shells)			
	• Cookies <sup>3</sup> (plain - includes vanilla wafers)	1.2 oz	34 gm	1 oz eq
	• Cornbread	0.9 oz	26 gm	¾ oz eq oz
	• Corn muffins	0.6 oz	17 gm	½ oz eq oz
Group F	• Croissants	0.3 oz	9 gm	¼ oz eq oz
	• Pancakes			
	• Pie crust (dessert pie <sup>3</sup> , cobbler <sup>3</sup> , turnover <sup>4</sup> , & meat pies)			
	• Waffles			
Group G	• Doughnuts <sup>4</sup> (cake and yeast raised, unfrosted)	2.0 oz	55 gm	1 oz eq
	• Cereal bars, breakfast bars, granola bars <sup>4</sup> (plain)	1.5 oz	42 gm	¾ oz eq oz
	• Muffins (all, except corn)	1.0 oz	28 gm	½ oz eq oz
	• Sweet roll <sup>4</sup> (unfrosted)	0.5 oz	14 gm	¼ oz eq oz
	• Toaster pastry <sup>4</sup> (unfrosted)			

\* Adapted from SP 30-2012 (4/26/2012) Grain Requirements for the National School Lunch Program and School Breakfast Program, Exhibit A.

<sup>1</sup> The quantities for Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal &/or enriched flour to be considered whole-grain-rich (WGR).

<sup>2</sup> Some may contain more sugar, salt, &/or fat than others. This should be considered when deciding how often they are served.

<sup>3</sup> Allowed only as dessert at lunch as specified in 7CFR 210.10.

<sup>4</sup> Allowed for breakfast and also as dessert at lunch as specified in 7CFR 210.10.



	Grain Item	Portion Size		Credits As
		Ounces	Grams	
Group E	• Cereal bars, breakfast bars, granola bars <sup>4</sup> (with nuts, dried fruit, &/or chocolate pieces)	2.4 oz	69 gm	1 oz eq
	• Cookies <sup>3</sup> (with nuts, raisins, chocolate pieces &/or fruit purees)	1.8 oz	52 gm	¾ oz eq oz
	• Doughnuts <sup>4</sup> (cake & yeast raised, frosted or glazed)	1.2 oz	35 gm	½ oz eq oz
	• French toast	0.6 oz	18 gm	¼ oz eq oz
	• Sweet rolls <sup>4</sup> (frosted)			
Group F	• Toaster pastry <sup>4</sup> (frosted)			
	• Cake <sup>3</sup> (plain, unfrosted)	2.9 oz	82 gm	1 oz eq
	• Coffee cake <sup>4</sup>	2.2 oz	62 gm	¾ oz eq oz
		1.5 oz	41 gm	½ oz eq oz
Group G		0.7 oz	21 gm	¼ oz eq oz
	• Brownies <sup>3</sup> (plain)	4.4 oz	125 gm	1 oz eq
	• Cake <sup>3</sup> (all varieties, frosted)	3.3 oz	94 gm	¾ oz eq oz
		2.2 oz	63 gm	½ oz eq oz
Group H		1.1 oz	32 gm	¼ oz eq oz
	• Cereal Grains (barley, quinoa, etc)	½ cup cooked		1 oz eq
	• Hot breakfast cereal (cooked) <sup>5</sup>	1 oz dry		
	• Bulgur or cracked wheat	28 gm dry		
Group I	• Macaroni (all shapes)			
	• Noodles (all varieties)			
	• Pasta (all shapes)			
	• Ravioli (noodle only)			
Group J	• Rice (brown or 50/50 brown & enriched white mix)			
	• Cold breakfast cereal (dry)	1 cup flake cereal		1 oz eq
	Cereals must list a whole grain as the first ingredient and must be fortified. <sup>5</sup>	¼ cup granola		
	Pre-K cereals must have ≤ 6 grams sugar per dry ounce.	1¼ cup puffed cereal		

<sup>3</sup> Allowed only as dessert at lunch as specified in 7CFR 210.10.

<sup>4</sup> Allowed for breakfast and also as dessert at lunch as specified in 7CFR 210.10.

<sup>5</sup> Refer to program regulations for the appropriate serving size for supplements served to children ages 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

**Terms that mean WGR:**

100% Whole wheat  
Whole wheat flour  
Whole corn, Whole corn meal  
Whole oats, Whole ground oat flour  
Whole grain rice  
Brown Rice

**Terms that DO NOT mean WGR:**

Enriched flour  
"Made with whole wheat"  
Wheat  
Corn  
Rice  
Bran

**What does "Multi-Grain" mean?**

Don't confuse "multi-grain" with "whole grain". Multi-grain simply means that the product was made with a mix of different grains such as rice and corn, but does not tell you if the rice &/or corn was whole rice or whole corn. The Whole Grain Stamp can help identify 100% whole grain or WGR foods (made with ≥ 50% whole grains).



Highlighted foods are not creditable in the Child and Adult Care Food Program (CACFP).