



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, Fruits, or Both (½ cup)
Grains (1 oz eq)

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

1 Banana

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

1 oz eq
Whole Grain-Rich Cereal
Breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

Sample Breakfast

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

¼ cup
Watermelon
Chunks

½ cup
Brown Rice

Chicken
Stir-Fry
Made with
2 oz
Chicken Breast and
½ cup
Mixed Vegetables

Sample Lunch/Supper

What is in a Lunch or Supper?

Milk (8 fl oz or 1 cup)
Meats/Meat Alternates (2 oz eq)
Vegetables (½ cup)
Fruits (¼ cup)
Grains (1 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 (8 fl oz or 1 cup)
Meats/Meat Alternates (1 oz eq)
Vegetables (¾ cup)
Fruits (¾ cup)
Grains (1 oz eq)

1 oz eq
Crackers

¾ cup
Mandarin
Oranges

Sample Snack

Offer water and make it available all day.

Note: Serving sizes are minimums.

Learn more about the CACFP meal patterns at
TeamNutrition.USDA.gov.



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