

# Nutrition Standards for CACFP Meals and Snacks

Child Care Food Program Snack				
2 out of the 5 components needed per snack				
Food components and food items	Minimum quantities			
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Fluid Milk	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables	½ cup	½ cup	¾ cup	¾ cup
Fruits	½ cup	½ cup	¾ cup	¾ cup
Grains (oz. eq.)	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent
Meat/meat alternates (edible portion as served):				
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy products, or alternate protein products <sup>4</sup>	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Large egg	½	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Yogurt, plain or flavored unsweetened or sweetened <sup>5</sup>	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce	1 ounce

Child Care Food Program Lunch and Supper				
1 item needed from each component group for a total of 5 components per meal				
Food components and food items	Minimum quantities			
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Fluid Milk	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables	⅛ cup	¼ cup	½ cup	½ cup
Fruits	⅛ cup	¼ cup	¼ cup	¼ cup
Grains (oz eq)	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent
Meat/meat alternates (edible portion as served):				
Lean meat, poultry, or fish	1 ounce	1 ½ ounces	2 ounces	2 ounces
Tofu, soy products, or alternate protein products <sup>5</sup>	1 ounce	1 ½ ounces	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounces	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp

or seed butters				
Yogurt, plain or flavored unsweetened or sweetened <sup>6</sup>	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement:				
Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%

<b>Child Care Food Program Breakfast</b>				
1 item from each component needed per each breakfast				
Food components and food items	Minimum quantities			
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Fluid Milk	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both	¼ cup	½ cup	½ cup	½ cup
Grains (oz. eq.)	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent

<b>Infant Meal Patterns</b>		
Infants	Birth through 5 months	6 through 11 months
Breakfast, Lunch, or Supper	4-6 fluid ounces breastmilk or formula	6-8 fluid ounces breastmilk or formula; AND 0-½ ounce equivalent infant cereal; OR 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; OR 0-2 ounces of cheese; OR 0-4 ounces (volume) of cottage cheese; OR 0-4 ounces or ½ cup of yogurt; OR a combination of the above; AND 0-2 tablespoons vegetable or fruit, or a combination of both.
Snack	4-6 fluid ounces breastmilk or formula	2-4 fluid ounces breastmilk or formula; AND 0-½ ounce equivalent bread; OR 0-¼ ounce equivalent crackers; OR 0-½ ounce equivalent infant cereal; OR 0-¼ ounce equivalent ready-to-eat breakfast cereal; AND 0-2 tablespoons vegetable or fruit, or a combination of both.