

CCFP Meal Pattern for Children

Children age one and older participating in the Child Care Food Program, must be served at least the total minimum amount of food authorized per meal as stated below in order to qualify for reimbursement.

| Child Meal Pattern Food Components: | | Age Group and Serving Size: | | |
|--|---|---|---|---|
| | | 1 and 2 year olds: | 3 – 5 year olds: | 6 – 12 ¹ year olds: |
| Breakfast (3 components) | Milk Fluid milk | 1/2 cup | 3/4 cup | 1 cup |
| | Vegetables and Fruits¹⁰ Vegetable(s) and/or fruit(s) or Full-strength vegetable or fruit juice ² | 1/4 cup 1/4 cup | 1/2 cup 1/2 cup | 1/2 cup 1/2 cup |
| | Grains/Breads^{3, 10} Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal ⁴ or Cooked cereal grains or Cooked pasta or noodle products | 1/2 slice 1/2 serving 1/4 cup or 1/3 oz. 1/4 cup 1/4 cup | 1/2 slice 1/2 serving 1/3 cup or 1/2 oz. 1/4 cup 1/4 cup | 1 slice 1 serving 3/4 cup or 1 oz. 1/2 cup 1/2 cup |
| Lunch/Supper (4 components – 5 items) | Milk Fluid milk | 1/2 cup | 3/4 cup | 1 cup |
| | Vegetables and Fruits^{8, 10} Vegetable(s) and/or fruit(s), 2 or more | 1/4 cup total | 1/2 cup total | 3/4 cup total |
| | Grains/Breads^{3, 10} Bread or Cornbread, biscuits, rolls, muffins, etc. or Cooked pasta or noodle products or Cooked cereal grains | 1/2 slice 1/2 serving 1/4 cup 1/4 cup | 1/2 slice 1/2 serving 1/4 cup 1/4 cup | 1 slice 1 serving 1/2 cup 1/2 cup |
| | Meat and Meat Alternates¹⁰ Lean meat or poultry or fish ⁵ or Alternate protein products ⁶ or cheese or Egg (large) or Cooked dry beans or peas or Peanut butter or soynut butter or other nut/seed butters or Peanuts or soynuts or tree nuts or seeds ⁹ or Yogurt, plain or flavored, unsweetened or sweetened | 1 oz. 1 oz. 1 oz. 1/2 egg 1/4 cup 2 Tbsp. 1/2 oz. = 50% 4 oz. or 1/2 cup | 1 1/2 oz. 1 1/2 oz. 1 1/2 oz. 3/4 egg 3/8 cup 3 Tbsp. 3/4 oz. = 50% 6 oz. or 3/4 cup | 2 oz. 2 oz. 2 oz. 1 egg 1/2 cup 4 Tbsp. 1 oz. = 50% 8 oz. or 1 cup |

Note: Milk must be served with each breakfast, lunch and supper meal. Between a child's first and second birthday, whole milk must be served. After the child's second birthday, it is recommended that lowfat milk be served. If necessary, lowfat flavored milk may be served.

Conversions: 1/2 cup = 4 fl. oz. 1 pint = 2 cups
 3/4 cup = 6 fl. oz. 1 quart = 2 pints = 4 cups
 1 cup = 8 fl. oz. 1 gallon = 4 quarts = 16 cups

CCFP Meal Pattern for Children *(continued)*

| Child Meal Pattern Food Components: | | Age Group and Serving Size: | | |
|--|--|---|---|---|
| | | 1 and 2 year olds: | 3 – 5 year olds: | 6 – 12 ¹ year olds: |
| Snack⁷ (Select 2 different components) | Milk Fluid milk | 1/2 cup | 1/2 cup | 1 cup |
| | Vegetables and Fruits¹⁰ Vegetable(s) and/or fruit(s) or Full-strength vegetable or fruit juice ² | 1/2 cup 1/2 cup | 1/2 cup 1/2 cup | 3/4 cup 3/4 cup |
| | Grains/Breads^{3, 10} Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal ⁴ or Cooked cereal grains or Cooked pasta or noodle products | 1/2 slice 1/2 serving 1/4 cup or 1/3 oz. 1/4 cup 1/4 cup | 1/2 slice 1/2 serving 1/3 cup or 1/2 oz. 1/4 cup 1/4 cup | 1 slice 1 serving 3/4 cup or 1 oz. 1/2 cup 1/2 cup |
| | Meat and Meat Alternates¹⁰ Lean meat or poultry or fish ⁵ or Alternate protein products ⁶ or cheese or Egg (large) or Cooked dry beans or peas or Peanut butter or soynut butter or other nut or seed butters or Peanuts or soynuts or tree nuts or seeds or Yogurt, plain or flavored, unsweetened or sweetened | 1/2 oz. 1/2 oz. 1/2 oz. 1/2 egg 1/8 cup 1 Tbsp. 1/2 oz. 2 oz. or 1/4 cup | 1/2 oz. 1/2 oz. 1/2 oz. 1/2 egg 1/8 cup 1 Tbsp. 1/2 oz. 2 oz. or 1/4 cup | 1 oz. 1 oz. 1 oz. 1/2 egg 1/4 cup 2 Tbsp. 1 oz. 4 oz. or 1/2 cup |

- Children age 12 and up may be served larger portion sizes based on the greater food needs of older boys and girls, but must be served the minimum quantities specified for children ages 6-12.
- Juice must be 100% vegetable or fruit juice.
- Bread, pasta or noodle products, and cereal grains, must be whole grain or enriched; cornbread, biscuits, rolls, muffins, etc., must be made with whole grain or enriched meal or flour, cereal must be whole grain or enriched or fortified.
- Cold dry cereal can be measured by volume (cup) or weight (ounces) whichever is less.
- Edible portion as served.
- Must be equal to at least 80% of the protein quality of milk (casein) determined by the Protein Digestibility Corrected Amino Acid Score (PDCAAS) and must contain at least 18% protein by weight when fully hydrated or formulated.
- At snack, select at least two different food components. Juice must not be served when milk is served as the only other component.
- At lunch and supper, serve two or more kinds of vegetables(s) and/or fruit(s) or a combination of both. Full-strength vegetable or fruit juice must not be counted to meet more than one-half of this requirement.
- At lunch and supper, no more than 50 % of the meat/meat alternate requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry, or fish.
- Can be an equal amount of any combination of this component. Note: Less than 1/8 cup of fruit or vegetables is not creditable.

CCFP Meal Pattern for Children Guidelines to Remember

- Sweet grain/bread foods must be whole grain or made with enriched flour or meal and may be credited as a bread serving at breakfast and snack only.
- No more than two sweet grain/bread breakfast items and no more than two sweet grain/bread snack items may be served per week (not to exceed four sweet items per week).
- Prepackaged grain/bread products must have enriched flour or meal or whole grain as the first ingredient.
- Only ready-to-eat breakfast cereals containing 10 grams of sugar or less per serving as stated on the Nutrition Facts label are allowed under the CCFP.
- To help ensure that children eat the other meal components, it is recommended that juice be served no more than once a day.
- A minimum of two different vegetables or two different fruits or a vegetable and a fruit is required at lunch and supper. Vegetable or fruit juice cannot be used to meet more than one-half of the total amount required.
- Less than 1/8 cup of vegetables and fruits may not be counted to meet the vegetable/fruit component.
- Vegetable or fruit juice must be full-strength, pasteurized and 100% juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of Vitamin C.
- Commercially processed combination foods (convenience entrees – frozen or canned) must have a CN label or manufacturer's analysis sheet stating food component contribution to meal pattern.
- A minimum of two good Vitamin A sources must be served weekly.
- Good sources of Vitamin C must be served daily.
- Donated foods cannot be used to contribute to the child meal pattern requirements.