

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 ¾ cup)
- Vegetables, Fruits, or Both (½ cup)
- Grains (½ oz. eq.)

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

½ oz. eq.
Whole Grain-Rich
Mini Pancakes



¾ cup
Unflavored
Low-Fat (1%)
or Fat-Free
(Skim) Milk

½ cup
Sliced
Strawberries

Sample Breakfast

¾ cup
Unflavored Low-Fat (1%)
or Fat-Free (Skim) milk



1 Taco
Made with
1½ oz.
Lean Ground Beef,
¼ cup
Lettuce*, and
⅛ cup
Chopped Tomatoes

½ oz. eq.
Enriched Flour Tortilla



¼ 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 ¼ cup of lettuce and ⅛ cup of tomatoes in the taco meets the vegetables component, and the ¼ cup of sweet potatoes is used to meet the fruits component.

*Raw leafy greens, such as lettuce, credit for half the amount served. The ¼ cup of lettuce in the taco counts as ⅛ cup of vegetables in this meal.

What is in a Lunch or Supper?

- Milk (6 fl. oz. or ¾ cup)
- Meats/Meat Alternates (1½ oz. eq.)
- Vegetables (¼ cup)
- Fruits (¼ cup)
- Grains (½ 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.



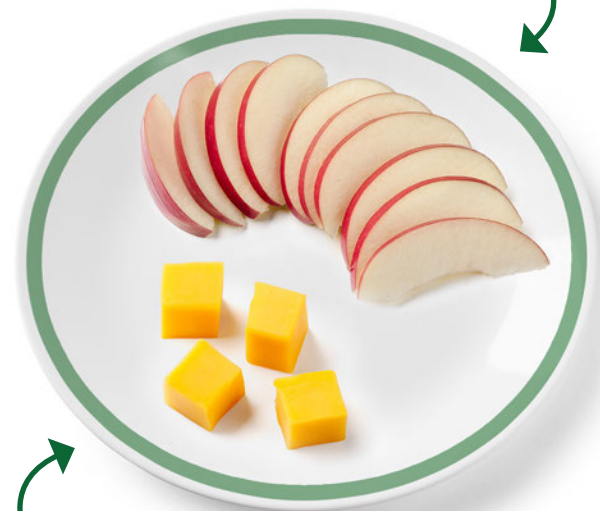
Offer and make water available all day.



What is in a Snack?

- Pick 2:
- Milk (4 fl. oz. or ½ cup)
 - Meats/Meat Alternates (½ oz. eq.)
 - Vegetables (½ cup)
 - Fruits (½ cup)
 - Grains (½ oz. eq.)

½ cup
Apple Slices



½ 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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