

**Chart 4C: Child and Adult Care Food Program (CACFP) Meal Pattern for Children and Adults: Snacks**

<b>Snack Meal Pattern for Children and Adults</b>					
<b>Meal Components<sup>1</sup></b>	<b>Minimum Quantities</b>				
	<b>Ages 1–2</b>	<b>Ages 3–5</b>	<b>Ages 6–12</b>	<b>Ages 13–18<sup>2</sup></b>	<b>Adult Participants</b>
<b>Select two of the five components for a reimbursable snack</b>					
Fluid Milk <sup>3</sup>	4 fluid ounces <sup>3</sup>	4 fluid ounces <sup>4</sup>	8 fluid ounces <sup>5</sup>	8 fluid ounces <sup>5</sup>	8 fluid ounces <sup>6</sup>
Meats/Meat Alternates <sup>7</sup>	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent
Vegetables <sup>8</sup>	½ cup	½ cup	¾ cup	¾ cup	½ cup
Fruits <sup>8</sup>	½ cup	½ cup	¾ cup	¾ cup	½ cup
Grains <sup>9</sup>	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent

- 1 Must serve two of the five components for a reimbursable snack. Milk and juice may not be served as the only two items in a reimbursable snack.
- 2 At-risk afterschool programs and emergency shelters may need to serve larger portions to children ages 13 through 18 to meet their nutritional needs.
- 3 Must serve unflavored whole milk to children age 1.
- 4 Must serve unflavored milk to children 2 through 5 years old. The milk must be fat-free, skim, low-fat, or 1 percent or less.
- 5 May serve unflavored or flavored milk to children ages 6 and older. The milk must be fat-free, skim, low-fat, or 1 percent or less.
- 6 May serve unflavored or flavored milk to adults. The milk must be fat-free, skim, low-fat, or 1 percent or less. Yogurt may be offered in place of milk, once per day for adults. Yogurt may count as either a fluid milk substitute or as a meat alternate, but not both, in the same meal. Six ounces (by weight) or ¾ cup (by volume) of yogurt is the equivalent of 8 ounces of fluid milk.
- 7 Alternate protein products must meet the requirements in Appendix A of 7 CFR Part 226. Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce). Information on crediting meats/meat alternates may be found in FNS guidance.
- 8 Juice must be pasteurized. Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day.
- 9 Must serve at least one whole grain-rich serving, across all eating occasions, per day. Grain-based desserts may not be used to meet the grains requirement. Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By October 1, 2025, breakfast cereal must contain no more than 6 grams of added sugars per dry ounce. Information on crediting grain items may be found in FNS guidance.