

Chart 4A: Child and Adult Care Food Program (CACFP) Meal Pattern for Children and Adults: Breakfast

| Select the Appropriate Components for a Reimbursable Meal | | | | | |
|--|-----------------------------|-----------------------------|-----------------------------|-------------------------------|-----------------------------|
| Meal Components¹ | Minimum Quantities | | | | |
| | Ages 1–2 | Ages 3–5 | Ages 6–12 | Ages 13–18² | Adult Participants |
| Fluid Milk | 4 fluid ounces ³ | 6 fluid ounces ⁴ | 8 fluid ounces ⁵ | 8 fluid ounces ⁵ | 8 fluid ounces ⁵ |
| Vegetables, fruits, or portions of both ⁷ | ¼ cup | ½ cup | ½ cup | ½ cup | ½ cup |
| Grains ⁸ | ½ ounce equivalent | ½ ounce equivalent | 1 ounce equivalent | 1 ounce equivalent | 2 ounce equivalents |

- 1 Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool care and adult day care centers.
- 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 the 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. 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).
- 7 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.
- 8 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. Meats/meat alternates may be offered in place of the entire grains requirement, up to 3 times per week at breakfast. One ounce equivalent of meats/meat alternates credits equal to one ounce equivalent of grains. Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce. Information on crediting grain items and meats/meat alternates may be found in FNS guidance.