

# Child and Adult Care Food Program Meal Patterns



## Food Chart



Ages:

1-2

3-5

6-12

### Breakfast

1 Fluid Milk	1/2 cup	3/4 cup	1 cup
1 Vegetable/Fruit	1/4 cup	1/2 cup	1/2 cup
1 Grain/Bread			
• Bread	1/2 slice	1/2 slice	1 slice
• Biscuit/Roll/Muffin/Cornbread	1/2 serving	1/2 serving	1 serving
• Cold Dry Cereal (flakes or rounds)	1/2 cup	1/2 cup	1 cup
• Hot Cooked Cereal	1/4 cup	1/4 cup	1/2 cup

### Lunch/Dinner

1 Fluid Milk	1/2 cup	3/4 cup	1 cup
1 Fruit	1/8 cup	1/4 cup	1/4 cup
1 Vegetable	1/8 cup	1/4 cup	1/2 cup
1 Grain/Bread			
• Bread	1/2 slice	1/2 slice	1 slice
• Biscuit/Roll/Muffin/Cornbread	1/2 serving	1/2 serving	1 serving
• Pasta/Noodles/Grains	1/4 cup	1/4 cup	1/2 cup
1 Meat/Meat Alternate			
• Meat/Poultry/Fish	1 oz.	1 1/2 oz.	2 oz.
• Cheese	1 oz.	1 1/2 oz.	2 oz.
• Large Egg	1/2 egg	3/4 egg	1 egg
• Cooked Dry Beans or Peas	1/4 cup	3/8 cup	1/2 cup
• Peanut Butter or Nut/Seed Butters	2 Tbsp.	3 Tbsp.	4 Tbsp.
• Tofu	1 oz.	1 1/2 oz.	2 oz.
• Yogurt	1/2 cup	3/4 cup	1 cup
• Alternate Protein Product	1 oz.	1 1/2 oz.	2 oz.

### Snack (Select at least two different components from the following five)

1 Fluid Milk	1/2 cup	1/2 cup	1 cup
1 Fruit	1/2 cup	1/2 cup	3/4 cup
1 Vegetable	1/2 cup	1/2 cup	3/4 cup
1 Grain/Bread	1/2 slice or serving	1/2 slice or serving	1 slice or serving
1 Meat/Meat Alternate			
• Cheese	1/2 oz.	1/2 oz.	1 oz.
• Large Egg	1/2 egg	1/2 egg	1/2 egg
• Peanut Butter or Nut/Seed Butters	1 Tbsp.	1 Tbsp.	2 Tbsp.
• Yogurt	1/4 cup	1/4 cup	1/2 cup
• Yogurts	2 oz.	2 oz.	4 oz.

Beanstalk Food Program: 916-344-6259



# Child and Adult Care Food Program Meal Patterns



## Infant Food Chart



### Breakfast

**Ages:** Birth through 5 months

6 through 11 months

Breast Milk or Formula

4-6 fluid ounces

6-8 fluid ounces; and

Fruit or Vegetable or combination

0-2 Tbsp.; and

Grain or  
Meat/Meat Alternate or combination

0-4 Tbsp. infant cereal,  
0-4 Tbsp. meat, fish, poultry, whole  
egg, cooked dry beans or peas; or  
0-2 ounces cheese; or 0-4 ounces  
(volume) cottage cheese; or 0-4  
ounces yogurt or a combination

### Lunch/Dinner

Breast Milk or Formula

4-6 fluid ounces

6-8 fluid ounces; and

Fruit or Vegetable or combination

0-2 Tbsp.; and

Grain or  
Meat/Meat Alternate or combination

0-4 Tbsp. infant cereal,  
0-4 Tbsp. meat, fish, poultry, whole  
egg, cooked dry beans or peas; or  
0-2 ounces cheese; or 0-4 ounces  
(volume) cottage cheese; or 0-4  
ounces yogurt or a combination

### Snack

Breast Milk or Formula

4-6 fluid ounces

2-4 fluid ounces; and

Fruit or Vegetable or combination

0-2 Tbsp.; and

Grain

0-1/2 slice bread; or 0-4 Tbsp. infant  
cereal or ready-to-eat cereal; or 0-2  
crackers

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This institution is an equal opportunity provider.

