



CACFP Meals for Children 1 - 12 years

Iowa Child and Adult Care Food Program

Revised March 2017

(Post where meals are prepared and served.)

FOOD COMPONENTS AND FOOD ITEMS	Ages 1-2	Ages 3-5	Ages 6-12
BREAKFAST ¹			
Fluid Milk ²	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)
Vegetables, Fruits or portions of both ³	¼ cup	½ cup	½ cup
Grains (oz eq) ^{4,5,6,14}			
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice
Bread product (such as biscuit, roll, muffin)	½ serving	½ serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup
Whole grain-rich, enriched or fortified RTE breakfast cereal (dry, cold) ^{7,8}			
Flakes or rounds	½ cup	½ cup	1 cup
Puffed cereal	¾ cup	¾ cup	1¼ cups
Granola	⅛ cup	⅛ cup	¼ cup
SNACK ^{1,9} (Select 2 of the 5 components for a reimbursable snack)			
Fluid Milk ²	4 fl oz (½ cup)	4 fl oz (½ cup)	8 fl oz (1 cup)
Meat or Meat Alternate			
Lean meat, poultry, or fish	½ oz	½ oz	1 oz
Tofu	2.2 oz or ¼ c	3.3 oz or ⅜ c	4.4 oz or ½ c
Soy product, or alternate protein products ¹⁰	½ oz	½ oz	1 oz
Cheese	½ oz	½ oz	1 oz
Large egg	½	½	½
Cooked dry beans/split peas	⅙ cup	⅙ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.
Yogurt, plain or flavored, unsweetened or sweetened ¹¹	2 oz (¼ cup)	2 oz (¼ cup)	4 oz (½ cup)
Peanuts soy nuts, tree nuts or seeds	½ oz	½ oz	1 oz
Vegetables ³	½ cup	½ cup	¾ cup
Fruits ³	½ cup	½ cup	¾ cup
Grains (oz eq) ^{4,6,14}			
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice
Bread product (such as biscuit, roll, muffin)	½ serving	½ serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup
Whole grain-rich, enriched or fortified RTE breakfast cereal (dry, cold) ^{7,8}			
Flakes or rounds	½ cup	½ cup	1 cup
Puffed cereal	¾ cup	¾ cup	1¼ cups
Granola	⅛ cup	⅛ cup	¼ cup
LUNCH OR SUPPER ^{1,12}			
Fluid Milk ²	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)
Meat or Meat Alternate			
Lean meat, poultry, or fish	1 oz	1½ oz	2 oz
Tofu	2.2 oz or ¼ c	3.3 oz or ⅜ c	4.4 oz or ½ c
Soy product, or alternate protein products ¹⁰	1 oz	1½ oz	2 oz
Cheese	1 oz	1½ oz	2 oz
Large egg	½	¾	1
Cooked dry beans/split peas	¼ cup	⅜ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.
Yogurt, plain or flavored, unsweetened or sweetened ¹¹	4 oz (½ cup)	6 oz (¾ cup)	8 oz (1 cup)
Peanuts, soy nuts, tree nuts or seeds (may be used to meet no more than 50% of the requirement, or an equivalent quantity of any combination of meat/meat alternates) (1 oz nuts/seeds = 1 oz cooked lean meat poultry, or fish)	½ oz = 50%	¾ oz = 50%	1 oz = 50%
Vegetables ^{3,13}	⅙ cup	¼ cup	½ cup
Fruits ^{3,13}	⅙ cup	¼ cup	½ cup
Grains (oz eq) ^{4,6,14}			
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice
Bread product (such as biscuit, roll, muffin)	½ serving	½ serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup

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- ¹ Water must be available upon request to children throughout the day and at mealtimes. Water does not fulfill any meal component and must not replace any required food. Young children must be asked if they want water.
- ² Milk must be unflavored whole milk for children one year of age (12-23 months). Milk must be unflavored low-fat (1%) or unflavored fat-free (skim) for children two through five years of age. Milk must be unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for participants 6 years and older.
- ³ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement one time per day.
- ⁴ At least one serving per day must be whole grain-rich across all eating occasions at each site. Grain-based desserts do not count towards meeting the grains component requirement.
- ⁵ Meat and meat alternates may be used to meet the entire grains component requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.
- ⁶ Ounce equivalents will be used to determine the quantity of creditable grains by October 1, 2019.
- ⁷ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).
- ⁸ The ready-to-eat breakfast cereals minimum serving size specified in this section must be served by October 1, 2019. Until October 1, 2019, the minimum serving size for any type of ready-to eat breakfast cereals may be ¼ cup for 1-2 year olds, ½ cup for 3-5 year olds, and ¾ cup for 6-12 year olds.
- ⁹ Only one of the two required components for snack may be a beverage.
- ¹⁰ Alternate protein products must meet 7CFR Part 226, Appendix A requirements and Iowa Handy Guide to Creditable Foods List. A Child Nutrition (CN) label or manufacturer's statement is required to serve the food.
- ¹¹ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- ¹² All five components must be served for a reimbursable lunch and/or supper.
- ¹³ Lunch and supper must include one fruit and one vegetable **OR** two vegetables. When two vegetables are served two different kinds of vegetables must be served.
- ¹⁴ Refer to the Grains Serving Size Chart (Handy Guide to Creditable Foods) for options and portion sizes.

Abbreviations

Tbsp. = Tablespoon
cup = measuring cup (8 ounces)
oz eq = ounce equivalent
fl oz = fluid ounces
RTE = ready-to-eat (cereals)