

USDA CHILD NUTRITION PROGRAMS,* INFANT MEAL PATTERN

	<i>Ages zero through three months</i>	<i>Ages four through seven months</i>	<i>Ages eight through eleven months</i>
BREAKFAST	<ul style="list-style-type: none"> • 4 to 6 fl oz breast milk^{1,2,3} <i>or</i> formula⁴ 	<ul style="list-style-type: none"> • 4 to 8 fl oz breast milk^{1,2,3} <i>or</i> formula⁴ • 0 to 3 Tbsp infant cereal⁴ (optional) 	<ul style="list-style-type: none"> • 6 to 8 fl oz breast milk^{1,2,3} <i>or</i> formula⁴ • 2 to 4 Tbsp infant cereal⁴ • 1 to 4 Tbsp fruit and/or vegetable
LUNCH OR SUPPER	<ul style="list-style-type: none"> • 4 to 6 fl oz breast milk^{1,2,3} <i>or</i> formula⁴ 	<ul style="list-style-type: none"> • 4 to 8 fl oz breast milk^{1,2,3} <i>or</i> formula⁴ • 0 to 3 Tbsp infant cereal⁴ (optional) • 0 to 3 Tbsp fruit and/or vegetable (optional) 	<ul style="list-style-type: none"> • 6 to 8 fl oz breast milk^{1,2,3} <i>or</i> formula⁴ • 2 to 4 Tbsp infant cereal⁴ <i>and/or</i> 1 to 4 Tbsp lean meat, fish, poultry, egg yolk, cooked dry beans or peas <i>or</i> ½ to 2 oz cheese <i>or</i> 1 to 4 oz cottage cheese, cheese food, or cheese spread • 1 to 4 Tbsp fruit and/or vegetable
AM OR PM SUPPLEMENT	<ul style="list-style-type: none"> • 4 to 6 fl oz breast milk^{1,2,3} <i>or</i> formula⁴ 	<ul style="list-style-type: none"> • 4 to 6 fl oz breast milk^{1,2,3} <i>or</i> formula⁴ 	<ul style="list-style-type: none"> • 2 to 4 fl oz breast milk^{1,2,3}, formula⁴, <i>or</i> fruit juice⁵ • 0 to ½ slice of bread⁶ (optional) <i>or</i> 0 to 2 crackers⁶ (optional)

Meals containing *only* parent-provided formula are not reimbursable.

- ¹ It is recommended that breast milk be served in place of formula from birth through 11 months.
- ² For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.
- ³ Only the infant's mother can provide breast milk.
- ⁴ Infant formula and dry infant cereal must be iron fortified.
- ⁵ Fruit juice must be full strength (100% juice).
- ⁶ Must be made from whole grain or enriched meal or flour.

***Child Care Food Program Sponsors** may claim reimbursement for up to two meals and one supplement (snack) *or* two supplements (snacks) and one meal per infant per day.

***Homeless Shelter Program Sponsors** may claim reimbursement for up to three meals *or* two meals and one supplement (snack) per infant per day.

***National School Lunch Program Sponsors** may claim reimbursement for one lunch meal per infant per day. One supplement (snack) may be claimed per infant per day if the sponsor is enrolled in and the infant participates in an after school care program.

***School Breakfast Program Sponsors** may claim reimbursement for one breakfast meal per infant per day.

***Summer Food Service Program Sponsors** may claim reimbursement for up to two meals per infant per day at open or enrolled sites. The meals may consist of either one lunch and one breakfast *or* one lunch and one supplement (snack). Migrant sites may serve up to three meals per infant per day *or* two meals and one supplement (snack) per infant per day.

CACFP MEAL PATTERN FOR OLDER CHILDREN

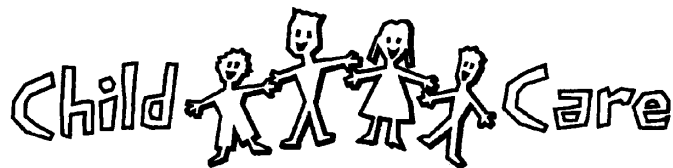
BREAKFAST	Ages one through two years	Ages three through five years	Ages six through twelve years
• Milk, fluid	½ cup	¾ cup	1 cup
• Vegetable, fruit, or full-strength (100%) juice	¼ cup	½ cup	½ cup
• Grains/breads (whole grain or enriched): bread or rolls, muffins, etc. or cold dry cereal (volume or weight, whichever is less) or cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or 1/3 oz ¼ cup	½ slice ½ serving 1/3 cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
LUNCH OR SUPPER			
• Milk, fluid	½ cup	¾ cup	1 cup
• Vegetable and/or fruit (two or more kinds)	¼ cup total	½ cup total	¾ cup total
• Grains/breads (whole grain or enriched): bread or rolls, muffins, etc. or cooked pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup	½ slice ½ serving ¼ cup	1 slice 1 serving ½ cup
• Meat/meat alternates Lean meat, fish, or poultry (edible portion as served) or cheese (natural or processed) or cottage cheese, cheese food/spread substitute or egg (large) or cooked dried beans or dried peas* or peanut butter, reduced-fat peanut butter, soynut butter, or other nut or seed butters or peanuts, soynuts, tree nuts, roasted peas, or seeds ** or yogurt, plain or flavored, unsweetened or sweetened or an equivalent quantity of any combination of the above meat/meat alternates	1 oz 1 oz ¼ cup or 2 oz ½ egg ¼ cup 2 Tbsp ½ oz** ½ cup	1-½ oz 1-½ oz 3/8 cup or 3 oz ¾ egg 3/8 cup 3 Tbsp ¾ oz** ¾ cup	2 oz 2 oz ½ cup or 4 oz 1 egg ½ cup 4 Tbsp 1 oz** 1 cup
AM OR PM SUPPLEMENT (Select two of these four components)***			
• Milk, fluid	½ cup	½ cup	1 cup
• Vegetable, fruit, or full-strength (100%) juice	½ cup	½ cup	¾ cup
• Grains/breads (whole grain or enriched): bread or rolls, muffins, etc. or cold dry cereal (volume or weight, whichever is less) or cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or 1/3 oz ¼ cup	½ slice ½ serving 1/3 cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
• Meat/meat alternates Lean meat, fish, or poultry (edible portion as served) or cheese (natural or processed) or cottage cheese, cheese food/spread substitute or egg (large) or yogurt, plain or flavored, unsweetened or sweetened**** or cooked dried beans or dried peas* or peanut butter, reduced-fat peanut butter, soynut butter, or other nut or seed butters or peanuts, soynuts, tree nuts, roasted peas, or seeds or an equivalent quantity of any combination of the above meat/meat alternates.	½ oz ½ oz 1/8 cup or 1 oz ½ egg ¼ cup 1/8 cup 1 Tbsp ½ oz	½ oz ½ oz 1/8 cup or 1 oz ½ egg ¼ cup 1/8 cup 1 Tbsp ½ oz	1 oz 1 oz ¼ cup or 2 oz ½ egg ½ cup ¼ cup 2 Tbsp 1 oz

* Dried beans or dried peas may be used as a meat alternate or vegetable component, but *cannot* be counted as both components in the same meal.

** No more than 50 percent of the requirement shall be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. To determine combinations, 1 oz. of nuts or seeds is equal to 1 oz. of cooked lean meat, poultry, or fish. Roasted peas can count as a meat alternate or vegetable component, but *cannot* be counted as both in the same meal.

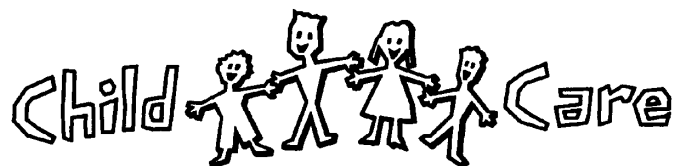
*** Juice *cannot* be served when milk is served as the only other component.

**** If yogurt is used as the meat alternate component in supplements, milk *cannot* be used to satisfy the second component requirement. Commercially added fruit or nuts in flavored yogurt *cannot* be used to satisfy the second component requirement in supplements.



CCFP MEAL PATTERN FOR OLDER CHILDREN

BREAKFAST	<i>Ages one to three years</i>	<i>Ages three to six years</i> *	<i>Ages six through twelve years</i>
• Milk, fluid	½ cup	¾ cup	1 cup
• Vegetable, fruit, or full-strength juice	¼ cup	½ cup	½ cup
• Grains/breads (whole grain or enriched): bread or rolls, muffins, etc. or cold dry cereal (volume or weight, whichever is less) or cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or 1/3 oz ¼ cup	½ slice ½ serving 1/3 cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
LUNCH OR SUPPER			
• Milk, fluid	½ cup	¾ cup	1 cup
• Vegetable and/or fruit (two or more kinds)	¼ cup total	½ cup total	¾ cup total
• Grains/breads (whole grain or enriched): bread or rolls, muffins, etc. or cooked pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup	½ slice ½ serving ¼ cup	1 slice 1 serving ½ cup
• Meat and meat alternates Lean meat, fish, or poultry (edible portion as served) or cheese (natural or processed) or cottage cheese, cheese food/cheese substitute or egg or cooked dry beans, or peas* or peanut butter, reduced-fat peanut butter, soynut butter, or other nut or seed butters or peanuts, soynuts, tree nuts, seeds, or roasted peas** or yogurt, plain or flavored, unsweetened or sweetened or an equivalent quantity of any combination of the above meat and meat alternates.	1 oz 1 oz ¼ cup or 2 oz 1 egg ¼ cup 2 Tbsp ½ oz** ½ cup	1-½ oz 1-½ oz 3/8 cup or 3 oz 1 egg 3/8 cup 3 Tbsp ¾ oz** ¾ cup	2 oz 2 oz ½ cup or 4 oz 1 egg ½ cup 4 Tbsp 1 oz** 1 cup
AM OR PM SUPPLEMENT (Select two of these four components)***			
• Milk, fluid	½ cup	½ cup	1 cup
• Vegetable, fruit, or full-strength juice	½ cup	½ cup	¾ cup
• Grains/breads (whole grain or enriched): bread or rolls, muffins, etc. or cold dry cereal (volume or weight, whichever is less) or cooked cereal, pasta, noodle products, or cereal grains	½ slice ½ serving ¼ cup or 1/3 oz ¼ cup	½ slice ½ serving 1/3 cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
• Meat and meat alternates Lean meat, fish, or poultry (edible portion as served) or cheese (natural or processed) or cottage cheese, cheese food/cheese spread substitute or egg or yogurt, plain or flavored, unsweetened or sweetened**** or cooked dry beans, or peas* or peanut butter, reduced-fat peanut butter, soynut butter, or other nut or seed butters or peanuts, soynuts, tree nuts, seeds, or roasted peas or an equivalent quantity of any combination of the above meat and meat alternates.	½ oz ½ oz 1/8 cup or 1 oz ½ egg ¼ cup 1/8 cup 1 Tbsp ½ oz	½ oz ½ oz 1/8 cup or 1 oz ½ egg ¼ cup 1/8 cup 1 Tbsp ½ oz	1 oz 1 oz ¼ cup or 2 oz 1 egg ½ up ¼ up 2 Tbsp 1 oz



922 Meal Spacing

A minimum of two hours shall elapse between the beginning of one meal service and the beginning of another meal service when supplements are served. However, *when supplements are not served between major meals* (breakfast, lunch or supper) a minimum of, three hours shall elapse between the beginning of one major meal service and another.

NOTE: Infants up to one year of age shall be served at a time consistent with an individual infant-eating pattern.

930 FAMILY STYLE MEALS

Family-style meals provide further opportunity to enhance the meal service by encouraging a pleasant eating environment that supports and promotes mealtime as a learning experience. Family-style is a type of meal service that allows children to serve themselves from common platters of food, with assistance from supervising adults. It encourages supervising adults to set a personal example and provide educational activities that are centered on foods. This approach allows children to identify foods and for new foods, new tastes, and new menus to be introduced to them. It also fosters a positive attitude toward nutritious foods, sharing in a group eating situation, and good eating habits.

Latitude must be exercised in compliance with the following practices:

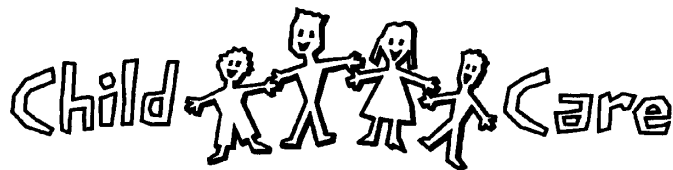
~~A sufficient amount of prepared food must be placed on each table to provide the required portion of each of the food components for all children~~ at the table and supervising adults, if they eat with the children.

NOTE: Adult meals are not reimbursed on CCFP.

Family-style meal service allows children to make choices in selecting foods and the size of the initial serving. Children should initially be offered the required portion of each meal component. ~~During the course of the meal, it is the responsibility of the supervising adult to actively encourage each child to accept the required portion for each food component of the meal pattern.~~

940 MAKE MEALTIME A HAPPY TIME

Pleasant eating experiences are as important as nutritious foods. They provide pleasant associations with food and eating.



- * Dried beans or dried peas may be used as a meat alternate or vegetable component, but *cannot* be counted as both in the same meal.
- ** No more than 50 percent of the requirement shall be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. To determine combinations, 1 oz. of nuts or seeds is equal to 1 oz. of cooked lean meat, poultry, or fish. Roasted peas can count as a meat alternate or vegetable component, but *cannot* be counted as both in the same meal.
- *** Juice *cannot* be served when milk is served as the only other component.
- **** If yogurt is used as the meat component in supplements, milk *cannot* be used to satisfy the second component requirement. Commercially added fruit or nuts in flavored yogurt *cannot* be used to satisfy the second component requirement in supplements.

920 MEALTIMES AND SPACING

A key requirement for reimbursement is that meals must be spaced properly and served at the appropriate time of day.

921 Mealtimes

In order to be claimed, meals (e.g., breakfast, lunch, and supper) shall be served in a child care center during that part of the day that is considered appropriate and conventional for the meal being served (i.e., breakfast shall be served in the morning, lunch shall be served midday, and supper shall be served during the evening hours).

Normal is further defined as:

Breakfast: Before 9 a.m.
Lunch: Between 11 a.m. - 1:30 p.m.
Supper: Between 5 p.m. - 7 p.m.

If supplements (snacks) are offered, they must be served between major meals, except the evening supplement that may be served after supper.

Outside-school-hour-centers may *only* claim breakfast, snack, or supper *while school is in session*. On non-school days, such as off-track, centers qualify for any combination of two meals and a snack or two snacks and a meal per day.

An exception is made for schools not offering a lunch program.