

APPENDIX B
CACFP Meal Pattern Requirements – Ages 1 to 12

Chapter DCF 251

APPENDIX B

CACFP MEAL PATTERN REQUIREMENTS – AGES 1 to 12

The meal pattern shall contain, as a minimum, each of the following components in the amounts indicated for the specific age group.

	Age 1 & 2	Age 3, 4 & 5	Age 6 up to 12
BREAKFAST			
1. Milk, fluid	1/2 cup	3/4 cup	1 cup
2. Juice ^a or fruit or vegetable or Fruit(s) or vegetable(s)	1/4 cup	1/2 cup	1/2 cup
3. Grains/Breads: ^b	1/4 cup	1/2 cup	1/2 cup
Bread	1/2 slice	1/2 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc. ^b	1/2 serving	1/2 serving	1 serving
Cereal:			
Cold dry	1/4 cup or 1/3 oz. ^c	1/3 cup or 1/2 oz. ^c	3/4 cup or 1 oz. ^c
Hot cooked	1/4 cup total	1/4 cup	1/2 cup
Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup
LUNCH OR SUPPER			
1. Milk	1/2 cup	3/4 cup	1 cup
2. Meat or meat alternate:			
Meat, poultry, fish, cheese	1 oz.	1+1/2 oz.	2 oz.
Alternate protein products ^b	1 oz.	1+1/2 oz.	2 oz.
Yogurt, plain or flavored, unsweetened or sweetened	4 oz. or 1/2 cup	6 oz. or 3/4 cup	8 oz. or 1 cup
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 other nut or seed butter	2 Tbsp.	3 Tbsp.	4 Tbsp.
Peanuts or soybeans or tree nuts or seeds	1/2 oz. = 50% ^d	3/4 oz. = 50% ^d	1 oz. = 50% ^d
3. Vegetable and/or fruit ^e (at least two)	1/4 cup total	1/2 cup total	3/4 cup total
4. Grains/Breads: ^b			
Bread	1/2 slice	1/2 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc. ^b	1/2 serving	1/2 serving	1 serving
Cereal, Hot cooked	1/4 cup total	1/4 cup	1/2 cup
Cereal, Cold dry	1/4 cup or 1/3 oz. ^c	1/3 cup or 1/2 oz. ^c	3/4 cup or 1 oz. ^c
Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup

The Wisconsin Administrative Code on this web site is updated on the 1st day of each month, current as of that date. See also Are the Codes on this Website Official?