Minnesota Department of Education

Child and Adult Care Food Program
CHILD MEAL PATTERNS

BREAKFAST	1 and 2	3 – 5	6 – 12
Fluid Milk	½ cup	¾ cup	1 cup
Vegetable or Fruit or Juice*	¼ cup	½ cup	½ cup
Grains/Breads Whole Grain, Bran, Germ or Enriched	½ serving**	½ serving**	1 serving**
Cold Dry Cereal Whole Grain, Bran, Germ Enriched or Fortified	¼ cup (or 1/3 oz)	1/3 cup (or ½ oz)	¾ cup (or 1 oz)
Cooked: Cereal, Rice, Pasta or Noodles	¼ cup	¼ cup	½ cup

SNACK Select two of the four components***	1 and 2	3 – 5	6 – 12
Fluid Milk	½ cup	½ cup	1 cup
Vegetable or Fruit or Juice*	½ cup	½ cup	¾ cup
Meat or Meat Alternate	½ ounce	½ ounce	1 ounce
Grains/Breads	½ serving*	½ serving*	1 serving*

LUNCH/SUPPER	1 and 2	3 – 5	6 – 12
Fluid Milk	½ cup	¾ cup	1 cup
Meat or Poultry or Fish or Alternate Protein Products****	1 ounce	1 ½ ounces	2 ounces
or Cheese	1 ounce	1 ½ ounces	2 ounces
or Cottage Cheese, Cheese Food/Spread	2 ounces	3 ounces	4 ounces
or Egg	½ egg	¾ egg	1 egg
or Cooked Dry Beans or Peas	¼ cup	3/8 cup	½ cup
or Peanut or Soynut or Sunflower Seed Butter or Peanuts, Soynuts, Tree Nuts or Seeds	2 Tablespoons ½ ounce = 50%	3 Tablespoons ¾ ounces = 50%	4 Tablespoons 1 ounce = 50%
or Yogurt…	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup
Vegetables and/or Fruits/Juice*	¼ cup total	½ cup total	¾ cup total
Grains/Breads	½ serving**	½ serving**	1 serving**

* Full-strength (100 percent) vegetable and/or fruit juice must be served.

** An equivalent serving of an acceptable grains/breads food component such as cornbread, biscuits, rolls, muffin, pizza crust etc. made of whole-grain, bran or germ product and/or enriched meal or flour

*** For snack, juice may not be served when milk is served as the only other component. Also two food items from the same component cannot be served.

****Alternate protein products must meet requirements in Appendix A of 7 CFR Part 226.

Weights of Commercially Prepared Grains/Breads
Child Nutrition Programs

Some of these foods or their accompaniments may contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.

GROUP A

Bread-type Coating
Breadsticks (hard)
Chow Mein Noodles
Crackers (saltines and snack crackers)
Croutons
Pretzels (hard)
Stuffing (dry)
- 1 serving=20 gm or 0.7 oz
- ¾ serving=15 gm or 0.5 oz
- ½ serving=10 gm or 0.4 oz
- ¼ serving=5 gm or 0.2 oz

GROUP B

Bagels
Batter-type Coating
Biscuits
Breads (white, wheat, whole-wheat, French, Italian)
Buns (hamburger and hot dog)
Crackers (graham and animal crackers)
Egg Roll Skins
English Muffins
Pita Bread (white, wheat, whole-wheat)
Pizza Crust
Pretzels (soft)
Rolls (white, wheat, whole-wheat, potato)
Taco Shells
Tortilla Chips (wheat or corn)
Tortillas (wheat or corn)
- 1 serving=25 gm or 0.9 oz
- ¾ serving=19 gm or 0.7 oz
- ½ serving=13 gm or 0.5 oz
- ¼ serving=6 gm or 0.2 oz

GROUP C

Cookies[3] (plain)
Corn Muffins
Cornbread
Croissants
Pancakes
Pie Crust (dessert pies[3], fruit turnovers[2] and meat/meat alternate pies)
Waffle
- 1 serving=31 gm or 1.1 oz
- ¾ serving=23 gm or 0.8 oz
- ½ serving=16 gm or 0.6 oz
- ¼ serving=8 gm or 0.3 oz

GROUP D

Doughnuts[2] (cake and yeast-raised, unfrosted)
Granola Bars[2] (plain)
Muffins (all except corn)
Sweet Roll[2] (unfrosted)
Toaster Pastry[2] (unfrosted)
- 1 serving=50 gm or 1.8 oz
- ¾ serving=38 gm or 1.3 oz
- ½ serving=25 gm or 0.9 oz
- ¼ serving=13 gm or 0.5 oz

GROUP E

Cookies[3] (with nuts, raisins, chocolate pieces, and/or fruit purees)
Doughnuts[2] (cake and yeast-raised, frosted, or glazed)
French Toast
Grain Fruit Bars[2]
Granola Bars[2] (with nuts, raisins, chocolate pieces, and/or fruit)
Sweet Rolls[2] (frosted)
Toaster Pastry[2] (frosted)
- 1 serving=63 gm or 2.2 oz
- ¾ serving=47 gm or 1.7 oz
- ½ serving=31 gm or 1.1 oz
- ¼ serving=16 gm or 0.6 oz

GROUP F

Cake[3] (plain, unfrosted)
Coffee Cake[2]
- 1 serving=75 gm or 2.7 oz
- ¾ serving=56 gm or 2.0 oz
- ½ serving=38 gm or 1.3 oz
- ¼ serving=19 gm or 0.7 oz

GROUP G

Brownies[3] (plain)
Cake[3] (all varieties, frosted)
- 1 serving=115 gm or 4.0 oz
- ¾ serving=86 gm or 3.0 oz
- ½ serving=58 gm or 2.0 oz
- ¼ serving=29 gm or 1.0 oz

GROUP H

Barley
Breakfast Cereals (cooked)[1]
Bulgur or Cracked Wheat
Macaroni (all shapes)
Noodles (all varieties)
Pasta (all shapes)
Ravioli (noodle only)
Rice (enriched white or brown)
- 1 serving=½ cup cooked or 25 gm (0.9 oz) dry
- ¾ serving=3/8 cups cooked or 19 gm (0.7 oz) dry
- ½ serving=¼ cups cooked or 13 gm (0.5 oz) dry
- ¼ serving=2 tbls cooked or 6 gm (0.2 oz) dry

GROUP I

Breakfast Cereals (cold, dry, ready-to-eat)[1]
- 1 serving=¾ cup or 1.0 oz, whichever is less
- ½ serving=1/3 cup or 0.5 oz, whichever is less
- ¼ serving=¼ cup or 0.3 oz, whichever is less

[1]Refer to program regulations for the appropriate serving size for supplements served to children ages 1-5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1-5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.
[2]Allowed for desserts under the enhanced food-based menu planning alternative specified in 210.10 and supplements (snacks) served under the NSLP, SFSP and CACFP, and for breakfasts served under the SBP, SFSP, and CACFP.
[3]Allowed only for desserts under the enhanced food-based menu planning alternative specified in 210.10 and supplements (snacks) served under the NSLP, SFSP and CACFP.