

Meal Pattern Chart

CACFP Lunch and Supper Program

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

School Age Daily and Weekly		
¹ Meal Pattern Components and food items	Age 6-12	Age 13-18 ²
³ Milk: Unflavored or flavored Whole, 2%, 1%, or skim	1 cup	1 cup
⁴ Meats/Meat Alternates	2 oz eq	2 oz eq
⁵ Vegetables	½ cup	½ cup
⁵ Fruits	¼ cup	¼ cup
⁶ Grains: Whole Grain-Rich or Enriched	1 oz eq	1 oz eq

¹Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk after-school care and adult day care centers.

²At-risk after-school programs and emergency shelters may need to serve larger portions to children ages 13 through 18 to meet their nutritional needs.

³May serve unflavored or flavored milk to children ages 6 and older. The milk must be whole, 2%, 1%, or skim.

⁴Alternate protein products must meet the requirements in Appendix A to Part 226. Yogurt must contain no more than 23 grams of total sugars per 6 ounces. Yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce). Information on crediting meats/meat alternates may be found in FNS guidance.

⁵Juice must be pasteurized. Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack per day. A vegetable may be offered to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁶Must serve at least one whole grain-rich serving across all eating occasions, per day. Grain-based desserts may not be used to meet the grain requirement. Breakfast cereals must contain no more than 6 grams of sugars per dry ounce. Breakfast cereal must contain no more than 6 grams of added sugars per dry ounce. Information on crediting grain items may be found in FNS guidance.

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