



CACFP Meals for Children 1 - 18 years

Iowa Child and Adult Care Food Program

Revised March 2021

(Post where meals are prepared and served.)

FOOD COMPONENTS AND FOOD ITEMS	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 13,14
BREAKFAST ¹				
Fluid Milk ²	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Vegetables, Fruits or portions of both ³	¼ cup	½ cup	½ cup	½ cup
Grains (oz eq) ^{4,5,12}				
Whole grain-rich (WGR) or enriched bread	½ oz eq (½ slice)	½ oz eq (½ slice)	1 oz eq (1 slice)	1 oz eq (1 slice)
WGR or enriched bread product such as biscuit, roll, muffin	½ oz eq	½ oz eq	1 oz eq	1 oz eq
WGR, enriched or fortified cooked breakfast cereal ⁶ cereal grain, and/or pasta	½ oz eq (¼ c.)	½ oz eq (¼ c.)	1 oz eq (½ c.)	1 oz eq (½ c.)
WGR, enriched or fortified RTE bk cereal (dry, cold) ⁶				
Flakes or rounds	½ oz eq (½ c.)	½ oz eq (½ c.)	1 oz eq (1 c.)	1 oz eq (1 c.)
Puffed cereal	½ oz eq (¾ c.)	½ oz eq (¾ c.)	1 oz eq (1¼ c.)	1 oz eq (1¼ c.)
Granola	½ oz eq (⅞ c.)	½ oz eq (⅞ c.)	1 oz eq (¼ c.)	1 oz eq (¼ c.)
SNACK ^{1,7} (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)	8 fl oz (1 cup)
Meat or Meat Alternate				
Lean meat, poultry, tempeh or fish	½ oz	½ oz	1 oz	1 oz
Tofu	1.1 oz	1.1 oz	2.2 oz	2.2 oz
Soy product, or alternate protein products ⁸	½ oz	½ oz	1 oz	1 oz
Cheese	½ oz	½ oz	1 oz	1 oz
Cottage cheese	1 oz (⅙ cup)	1 oz (⅙ cup)	2 oz (¼ cup)	2 oz (¼ cup)
Large egg	½	½	½	½
Cooked dry beans/split peas	⅙ cup	⅙ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.	2 Tbsp.
Yogurt, plain or flavored, unsweetened or sweetened ⁹	2 oz (¼ cup)	2 oz (¼ cup)	4 oz (½ cup)	4 oz (½ cup)
Peanuts soy nuts, tree nuts or seeds	½ oz	½ oz	1 oz	1 oz
Vegetables ³	½ cup	½ cup	¾ cup	¾ cup
Fruits ³	½ cup	½ cup	¾ cup	¾ cup
Grains (oz eq) ^{4, 12}				
Whole grain-rich (WGR) or enriched bread	½ oz eq (½ slice)	½ oz eq (½ slice)	1 oz eq (1 slice)	1 oz eq (1 slice)
WGR or enriched bread product such as biscuit, roll, muffin	½ oz eq	½ oz eq	1 oz eq	1 oz eq
WGR, enriched or fortified cooked breakfast cereal ⁶ cereal grain, and/or pasta	½ oz eq (¼ c.)	½ oz eq (¼ c.)	1 oz eq (½ c.)	1 oz eq (½ c.)
WGR, enriched or fortified RTE bk cereal (dry, cold) ⁶				
Flakes or rounds	½ oz eq (½ c.)	½ oz eq (½ c.)	1 oz eq (1 c.)	1 oz eq (1 c.)
Puffed cereal	½ oz eq (¾ c.)	½ oz eq (¾ c.)	1 oz eq (1¼ c.)	1 oz eq (1¼ c.)
Granola	½ oz eq (⅞ c.)	½ oz eq (⅞ c.)	1 oz eq (¼ c.)	1 oz eq (¼ c.)
LUNCH OR SUPPER ^{1,10}				
Fluid Milk ²	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat or Meat Alternate				
Lean meat, poultry, tempeh or fish	1 oz	1½ oz	2 oz	2 oz
Tofu	2.2 oz or ¼ c.	3.3 oz or ⅓ c.	4.4 oz or ½ c.	4.4 oz or ½ c.
Soy product, or alternate protein products ⁸	1 oz	1½ oz	2 oz	2 oz
Cottage cheese	2 oz (¼ cup)	3 oz (⅜ cup)	4 oz (½ cup)	4 oz ½ cup
Cheese	1 oz	1½ oz	2 oz	2 oz
Large egg	½	¾	1	1
Cooked dry beans/split peas	¼ cup	⅜ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.
Yogurt, plain or flavored, unsweetened or sweetened ⁹	4 oz (½ cup)	6 oz (¾ cup)	8 oz (1 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%	1 oz = 50%
Vegetables ^{3, 11}	⅙ cup	¼ cup	½ cup	½ cup
Fruits ^{3, 11}	⅙ cup	¼ cup	¼ cup	¼ cup
Grains (oz eq) ^{4, 12}				
Whole grain-rich (WGR) or enriched bread	½ oz eq (½ slice)	½ oz eq (½ slice)	1 oz eq (1 slice)	1 oz eq (1 slice)
WGR or enriched bread product, such as biscuit, roll, muffin	½ oz eq	½ oz eq	1 oz eq	1 oz eq
WGR, enriched or fortified cooked breakfast cereal ⁶ , cereal grain, and/or pasta	½ oz eq (¼ c.)	½ oz eq (¼ c.)	1 oz eq (½ c.)	1 oz eq (½ c.)

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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 at breakfast. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.
- ⁶ 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).
- ⁷ Only one of the two required components for snack may be a beverage.
- ⁸ Alternate protein products must meet 7CFR Part 226, Appendix A requirements and Iowa Handy Guide to Creditable Foods List. A CN label or product specification statement is required to serve the food.
- ⁹ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- ¹⁰ All five components must be served for a reimbursable lunch and/or supper.
- ¹¹ 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.
- ¹² Refer to the Grains Serving Size Chart (Handy Guide to Creditable Foods) for options and portion sizes.
- ¹³ Larger portion sizes than specified may need to be served to 13 through 18-year-old children, participating in At-Risk afterschool programs and emergency shelters, to meet their nutritional needs.
- ¹⁴ Offer versus serve is an option only for At-Risk afterschool participants.

Abbreviations

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