

INFANT CARE MEAL PATTERN

Meals served to infants ages birth through 11 months must meet the requirements described in this meal pattern. Foods included in the infant meal must be of a texture and a consistency that are appropriate for the age of the infant being served. Either breast milk or iron-fortified infant formula must be served for the entire first year.

Age	Breakfast	Lunch or Supper	Snack
Birth through 3 months	4-6 fluid oz breast milk* or formula**	4-6 fluid oz breast milk* or formula**	4-6 fluid oz breast milk* or formula**
4 months through 7 months	4-8 fluid oz breast milk* or formula** 0-3 tablespoons infant cereal***	4-8 fluid oz breast milk* or formula** and 0-3 tablespoons infant cereal*** and 0-3 tablespoons fruit or vegetable or both	4-6 fluid oz breast milk* or formula**
8 months up to first birthday	6-8 fluid oz breast milk* or formula** And 2-4 tablespoons infant cereal And 1-4 tablespoons fruit and/or vegetable or both	6-8 fluid oz breast milk* or formula** And 2-4 tablespoons infant cereal*** and/or 1-4 tablespoons meat, fish, poultry, egg yolk, or cooked dry beans or peas, or ½ - 2 oz cheese, or 1-4 tablespoons cottage cheese, cheese food, or cheese spread and 1-4 tablespoons fruit or vegetable or both	2-4 fluid oz breast milk* or formula** or fruit juice**** and 0-1/2 slice bread or 0-2 crackers*****

It is recommended that breast milk be served in place of formula from birth through 11 months. 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

- ** Iron-fortified infant formula
- *** Iron-fortified dry infant cereal
- **** Full-strength fruit juice
- ***** Made from whole-grain or enriched meal or flour

CHILD CARE MEAL PATTERN

Bread, pasta or noodle products, and cereal grains shall be whole grain or enriched; cornbread, biscuits, rolls, muffins, etc. shall be made with whole grain or enriched meal or flour; cereal shall be whole grain or enriched or fortified.

Breakfast	Children 1 and 2 yrs	Children 3 through 5 yrs	Children 6 through 12 yrs
Milk, fluid	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)
Juice or fruit or vegetable	¼ cup	½ cup	½ cup
Bread, bread alternate**** enriched or whole grain and/or cereal:	½ slice (½ oz)	½ slice (½ oz)	1 slice (1 oz)
Cereal Cold dry or	¼ cup or 1/3 oz*	1/3 cup or ½ oz**	¾ cup or 1 oz***
Cereal Cooked / Cooked Pasta	¼ cup	¼ cup	½ cup
AM or PM snack (supplement)			
(select 2 of these 4 components)			
Milk, fluid	½ cup (4 oz)	½ cup (4 oz)	1 cup (8 oz)
Meat or meat alternate	½ oz	½ oz	1 oz
Juice or fruit or vegetable	½ cup	½ cup	¾ cup
Bread, bread alternate**** enriched or whole grain and/or cereal:	½ slice (½ oz)	½ slice (½ oz)	1 slice (1 oz)
Cereal Cold dry or	¼ cup or 1/3 oz*	1/3 cup or ½ oz**	¾ cup or 1 oz***
Cereal Cooked / Cooked Pasta	¼ cup	¼ cup	½ cup
Lunch or Supper			
Milk, fluid	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)
Meat or meat alternate (lean meat or poultry or fish)	1 oz	1 ½ oz	2 oz
Cheese	1 oz	1 ½ oz	2 oz
Egg	1 large egg	1 large egg	1 large egg
Cooked dry beans or peas	¼ cup	3/8 cup	½ cup
Peanut butter	2 tbsp.	3 tbsp.	4 tbsp.
Yogurt (plain or flavored) (Or an equivalent quantity of any combination of the above meat/meat alternates)	½ cup	¾ cup	1 cup
Vegetable and/or fruit (total of two or more)	¼ cup Total	½ cup Total	¾ cup Total
Bread or bread alternate**** enriched or whole grain	½ slice (½ oz)	½ slice (½ oz)	1 slice (1 oz)

* ¼ cup (volume) or 1/3 oz (weight)

** 1/3 cup (volume) or ½ oz (weight)

*** ¾ cup (volume) or 1 oz (weight)

**** Refer to Food Buying Guide "Grains and Breads" for equivalent quantities

ADULT CARE MEAL PATTERN

The meals served to adult participants in the Child and Adult Care Food Program shall contain the indicated meal pattern quantities and food components in order to qualify for reimbursement. Adult centers may choose to implement the “offer vs. serve” option (as described on following page).

Breakfast		Adult Participants
Milk , fluid Juice or fruit or vegetable Bread, bread alternate**** enriched or whole grain and/or cereal: Cereal Cold dry or Cereal Cooked / Cooked Pasta		1 cup (8 oz) ½ cup 2 slices or 2 servings the equivalent quantity of 2 oz 1½ cups or 2 oz 1 cup
AM or PM snack (supplement)		
(select 2 of these 4 components) Milk , fluid Meat or meat alternate Juice or fruit or vegetable Bread, bread alternate**** enriched or whole grain and/or cereal: Cereal Cold dry or Cereal Cooked / Cooked Pasta		1 cup (8 oz) 1 oz ½ cup 1 slice or 1 oz ¾ cup or 1 oz ½ cup
Lunch or Supper		
Milk , fluid Meat or meat alternate (lean meat or poultry or fish) Cheese Egg Cooked dry beans or peas Peanut butter Yogurt (plain or flavored) (Or an equivalent quantity of any combination of the above meat/meat alternates) Vegetable and/or fruit (total of <u>two</u> or more) Bread or bread alternate* enriched or whole grain		1 cup (8 oz) - (none required at supper meal) 2 oz 2 oz 1 large egg ½ cup 4 tablespoons 1 cup 1 cup 2 slices or 2 servings the equivalent quantity of 2 oz

- Refer to Food Buying Guide “Grains and Breads” for equivalent quantities

ADULT “OFFER VERSUS SERVE” OPTION

Each adult day care center shall **offer** its adult participants all of the required components (as stated on the Adult Care Food Program Meal Pattern for breakfast, lunch and supper). However, **at the discretion of the adult day care center**, adult participants may be permitted to **decline**:

- a) **One** of the four food items (one serving of milk, one serving of vegetable or fruit and two servings of bread or bread alternate) required at **breakfast**.
- b) **two** of the six food items (one serving of milk, one serving of meat or meat alternate, two servings of vegetable and/or fruit, and two servings of bread or bread alternate) required at **lunch**.
- c) **Two** of the five food items (one serving of meat or meat alternate, two servings of vegetable and/or fruit, two servings of bread or bread alternate) required at **supper**.

The price of a reimbursable meal shall not be affected if an adult participant chooses to decline a food item.

The “offer vs. serve” option is not applicable to the snack meal. A sufficient quantity of two components must be served for a snack meal to be eligible for reimbursement.

Meal Planning. Institutions shall plan for and order meals on the basis of current participation trends, with the objective of providing only one meal per participant at each meal service. Records of participation and of ordering or preparing meals shall be maintained to demonstrate positive action toward this objective. Regardless of amount of food prepared, only one meal per participant may be claimed for reimbursement at any approved meal service (breakfast, lunch, snack, or supper).

Sanitation. Institutions shall ensure that in storing, preparing, and serving food, proper sanitation and health standards are met which conform to all applicable State and local laws and regulations. Institutions shall ensure that adequate facilities are available to store food or hold meals.

Individual Substitutions. Substitutions of required food components shown in the Child and Adult Care Food Program meal patterns may be made if individual participants are unable, because of medical or other special dietary needs, to consume such foods. Substitutions because of medical needs shall be made only when supported by a statement from a recognized medical authority, which includes recommended alternate foods.

Additional Food. To improve the nutrition of children over one year of age or adult participants, additional foods may be served with each meal (breakfast, lunch, snack, or supper); however, these additional foods may never be served in place of any required component.

Family-Style Meal Service. Meals may be served in a family-style setting provided that a sufficient amount of all required components are prepared.