

## Child Care Food Program Meal Pattern for Children

The Child Care Food Program (CCFP) provides aid to child care institutions and family day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth, and development of young children. **Child care providers must ensure that each meal served to children contains, at a minimum, each of the food components in the amounts indicated for the appropriate age group as stated in the CCFP Meal Pattern for Children.**

Child Meal Pattern Food Components:		Age Group and Serving Size:		
		1 and 2 year olds:	3 – 5 year olds:	6 – 18 <sup>1</sup> year olds:
<b>Breakfast</b> (3 components)	<b>Milk<sup>2</sup></b> Fluid milk	4 fluid ounces	6 fluid ounces	8 fluid ounces
	<b>Vegetables, fruits, or portions of both<sup>3</sup></b> Vegetable(s) and/or fruit(s)	1/4 cup	1/2 cup	1/2 cup
	<b>Grains/Breads<sup>*5,6,7</sup></b> *whole grain, whole grain-rich, enriched Bread Bread product such as biscuit, roll, muffin Cooked breakfast cereal <sup>8</sup> , cereal grain, and/or pasta Ready-to-eat breakfast cereal (dry, cold) <sup>8</sup>  *Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. <sup>6</sup>	1/2 slice 1/2 serving 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/4 cup 1/3 cup	1 slice 1 serving 1/2 cup 3/4 cup
		<sup>*1/2 OZ.</sup> (optional, instead of, additional)	<sup>*1/2 OZ.</sup> (optional, instead of, additional)	<sup>*1 OZ.</sup> (optional, instead of, additional)
<b>Lunch/Supper</b> (5 components)	<b>Milk<sup>2</sup></b> Fluid milk	4 fluid ounces	6 fluid ounces	8 fluid ounces
	<b>Meat and Meat Alternates</b> Lean meat, poultry, or fish <sup>10</sup> Tofu, soy products, or alternate protein products <sup>11</sup> Cheese Large egg Cooked dry beans or peas Peanut butter or soynut butter or other nut/seed butters Yogurt, plain or flavored, unsweetened or sweetened <sup>12</sup> Peanuts, soynuts, tree nuts, or seeds <sup>9</sup>	1 oz. 1 oz. 1 oz. 1/2 egg 1/4 cup 2 Tbsp. 4 oz. or 1/2 cup 1/2 oz. = 50%	1 1/2 oz. 1 1/2 oz. 1 1/2 oz. 3/4 egg 3/8 cup 3 Tbsp. 6 oz. or 3/4 cup 3/4 oz. = 50%	2 oz. 2 oz. 2 oz. 1 egg 1/2 cup 4 Tbsp. 8 oz. or 1 cup 1 oz. = 50%
	<b>Vegetables<sup>3,4</sup></b> Vegetables	1/8 cup	1/4 cup	1/2 cup
	<b>Fruits<sup>3,4</sup></b> Fruits	1/8 cup	1/4 cup	1/4 cup
	<b>Grains/Breads<sup>*5,7</sup></b> *whole grain, whole grain-rich, enriched Bread Bread product such as biscuit, roll, muffin Cooked breakfast cereal <sup>8</sup> , cereal grain, and/or pasta	1/2 slice 1/2 serving 1/4 cup	1/2 slice 1/2 serving 1/4 cup	1 slice 1 serving 1/2 cup

**Note:** Milk must be served with each breakfast, lunch and supper meal. Between a child's first and second birthday, whole milk is required. After the child's second birthday, it is required that lowfat or fat-free milk be served. Flavored milk cannot be served to children less than 6 years of age.

Conversions:

1/2 cup = 4 fl. oz.  
3/4 cup = 6 fl. oz.  
1 cup = 8 fl. oz.

1 pint = 2 cups  
1 quart = 2 pints = 4 cups  
1 gallon = 4 quarts = 16 cups

## CCFP Meal Pattern for Children *(continued)*

Child Meal Pattern Food Components:		Age Group and Serving Size:		
		1 and 2 year olds:	3 – 5 year olds:	6 – 18 <sup>1</sup> year olds:
<b>Snack<sup>13</sup></b> (Select 2 different components)	<b>Milk<sup>2</sup></b>			
	Fluid milk	4 fluid ounces	4 fluid ounces	8 fluid ounces
	<b>Meat and Meat Alternates</b>			
	Lean meat, poultry or fish <sup>10</sup>	1/2 oz.	1/2 oz.	1 oz.
	Tofu, soy products, or alternate protein products <sup>11</sup>	1/2 oz.	1/2 oz.	1 oz.
Cheese	1/2 oz.	1/2 oz.	1 oz.	
Large egg	1/2 egg	1/2 egg	1/2 egg	
Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup	
Peanut butter or soy nut butter or other nut/seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.	
Yogurt, plain or flavored, unsweetened or sweetened <sup>12</sup>	2 oz. or 1/4 cup	2 oz. or 1/4 cup	4 oz. or 1/2 cup	
Peanuts, soy nuts, tree nuts, or seeds	1/2 oz.	1/2 oz.	1 oz.	
	<b>Vegetables<sup>3</sup></b>			
Vegetables	1/2 cup	1/2 cup	3/4 cup	
	<b>Fruits<sup>3</sup></b>			
Fruits	1/2 cup	1/2 cup	3/4 cup	
	<b>Grains/Breads*<sup>5,7</sup></b> <small>*whole grain, whole grain-rich, enriched</small>			
Bread	1/2 slice	1/2 slice	1 slice	
Bread product such as biscuit, roll, muffin	1/2 serving	1/2 serving	1 serving	
Cooked breakfast cereal <sup>8</sup> , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	
Ready-to-eat breakfast cereal (dry, cold) <sup>8</sup>	1/4 cup	1/3 cup	3/4 cup	

1. Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
2. For children age one – must be unflavored whole milk.  
For children two through five years – must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk.  
For children six years and older – must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk.
3. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
4. A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
5. At least one serving per day, across all eating occasions, must be 100% whole grain. Grain-based desserts do not count towards meeting the grains requirement.
6. At breakfast, meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains (one serving).
7. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
8. 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).
9. At lunch and supper, no more than 50% of the meat/meat alternate requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry, or fish.
10. The serving size for lean meat, poultry, or fish is the edible portion as served.
11. Alternate protein products must meet the requirements in Appendix A of Part 226.
12. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
13. At snack, select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

## CCFP Meal Pattern for Children (*continued*)

Child care providers have the unique opportunity to ensure healthy eating habits are developed early and promote wellness to all children in their care.

### **Fluid Milk:**

- After the child's first birthday and prior to the second birthday, whole milk must be served.
- After the child's second birthday, lowfat (1%) or fat-free milk must be served.
- Flavored milk is not allowed for children under the age of six. Children ages six and older may be served fat-free flavored milk.

### **Vegetable or fruit or juice:**

- Vegetable or fruit juice must be full-strength, pasteurized, and 100% juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of Vitamin C.
- Fruit juice must not be served more than once a day.
- One cup of leafy greens counts as ½ cup of vegetables.
- Less than 1/8 cup of vegetables and fruits may not be counted to meet the vegetable and/or fruit component.
- At lunch and supper, one vegetable and one fruit *or* two different vegetables may be served (two fruits may not be served to meet this requirement).

### **Grains/breads:**

- Grain/bread food must be whole grain, enriched, or made from whole grain or enriched meal or flour. Bran and germ are counted as enriched or whole-grain meals or flours. Cornmeal, corn flour, plain corn tortillas/chips, and corn grits must be designated as whole or enriched to be creditable.
- At least one serving per day, across all eating occasions, must be 100% whole grain.
- Only ready-to-eat and cooked breakfast cereals containing 6 grams (g) of sugar or less per dry ounce may be served (refer to the Florida WIC Approved Cereal List).
- Prepackaged grain/bread products must have enriched flour or meal or whole grains as the first ingredient listed on the package.
- Grain-based desserts (e.g. cookies, donuts, granola bars, and graham crackers) do not count towards meeting the grains requirements.

### **Meat or meat alternate:**

- Commercially processed combination foods (convenience entrees – frozen or canned) must have a CN Label or manufacturer's Product Formulation Statement stating the food component contribution to the meal pattern.
- A serving of cooked dry beans or peas may count as a vegetable or as a meat alternate, but not as both components in the same meal.
- Yogurt must not contain more than 23 g of total sugars per 6 ounces (15 g per 4 ounces or 3.8 g per ounce).
- At breakfast, meat/meat alternates *may* be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat/meat alternate is equal to one ounce equivalent of grains (one serving).

**\*\*Please note that donated foods cannot be used to contribute to the meal pattern requirements\*\***