

Summary of USDA Meal Guidelines- Updated 10/25

From *Nutrition Standards for CACFP Meals and Snacks* (<https://www.fns.usda.gov/cacfp/nutrition-standards>)

For Children ages 1 – 12 years

Breakfast

	1-2 years	3-5 years	6-12 years
Milk	½ cup	¾ cup	1 cup
Vegetables, fruit or both	¼ cup	½ cup	½ cup
Grains*	½ oz eq	½ oz eq	1 oz eq

*Meat and meat alternatives may be used to substitute the entire grains component a maximum of 3 times a week.

Lunch or Supper

	1-2 years	3-5 years	6-12 years
Milk	½ cup	¾ cup	1 cup
Meat or meat alternatives	1oz	1 ½ oz	2 oz
Vegetables	1/8 cup	1/4 cup	½ cup
Fruit*	1/8 cup	1/4 cup	¼ cup
Grains	½ oz eq	½ oz eq	1 oz eq

*Two different vegetables may be served instead of a vegetable and a fruit.

Snack (Select 2 of the 5 components)

	1-2 years	3-5 years	6-12 years
Milk	½ cup	½ cup	1 cup
Meat or meat alternatives	½ oz	½ oz	1 oz
Vegetables	½ cup	½ cup	¾ cup
Fruit	½ cup	½ cup	¾ cup
Grains*	½ oz eq	½ oz eq	1 oz eq

Notes to be used in scoring ERS:

- Oz eq = ounce equivalent
- For scoring the 3rd editions of the scales, it is likely that only one meal or snack will be observed. It will not be possible to ensure all requirements are met, so base score on whatever is observed.
- All amounts are the minimum portions to be served, not the maximum
- Juice is limited to once per day, and must be full strength
- One serving per day must be whole grains
- Grain-based desserts no longer count as grains component
- Tofu counts as a meat alternative
- Unflavored whole milk required for 1year olds; unflavored low fat or fat-free milk required for 2-5 years, flavored milk allowed for children 6 and older
- Yogurt must contain no more than 2 grams of added sugar per oz.; breakfast cereals no more than 6 grams added sugar per oz.