

# ASCP Snack Meal Pattern Chart

(oz = ounce; oz fl = fluid ounces; Tbsp = tablespoon)

Components (Two of Four Components must be served. Only one of the two components may be a beverage.)	Age Group Serving Size		
	Ages 1-2	Ages 3-5	Age 6 & Older <sup>1</sup>
<b>Fruit or Vegetable</b>			
Juice, <sup>2,3</sup> fruit, and/or vegetable	½ cup (4.0 fl oz)	½ cup (4.0 fl oz)	¾ cup (6.0 fl oz)
<b>Grains/Breads<sup>4,5</sup></b>			
Bread	½ slice	½ slice	1 slice
Cornbread, biscuit, roll or muffin	½ serving	½ serving	1 serving
Cold dry cereal <sup>5</sup>	¼ cup or .33 oz <sup>4</sup>	⅓ cup or 0.5 oz <sup>4</sup>	¾ cup or 1.0 oz <sup>4</sup>
Cooked cereal grains	¼ cup	¼ cup	½ cup
Cooked pasta or noodles	¼ cup	¼ cup	½ cup
<b>Meat/Meat Alternate</b>			
Lean meat or poultry or fish <sup>6</sup>	0.5 oz	0.5 oz	1.0 oz
Alternate Protein Products <sup>7</sup>	0.5 oz	0.5 oz	1.0 oz
Cheese	0.5 oz	0.5 oz	1.0 oz
Egg (large)	½ large egg	½ large egg	½ large egg
Cooked dry beans or peas	⅓ cup	⅓ cup	¼ cup
Peanut or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Nuts and/or seed <sup>8</sup>	0.5 oz = 50% <sup>8</sup>	0.5 oz = 50% <sup>8</sup>	1.0 oz = 50% <sup>8</sup>
Yogurt – plain or flavored, unsweetened or sweetened – commercially prepared	4.0 oz = ½ cup	4.0 oz = ½ cup	4.0 oz = ½ cup
<b>Milk, Fluid</b>			
Fat free milk, flavored/unflavored or 1% fat free milk, unflavored	½ cup (4.0 fl oz)	½ cup (4.0 fl oz)	1 cup (8.0 fl oz)

<sup>1</sup> Schools should offer larger portions for students ages 13 through 18 based on their greater food energy requirements.  
<sup>2</sup> Full-strength vegetable and/or fruit juice or equivalent quantity of any combination of vegetable(s), fruit(s), and juice.  
<sup>3</sup> Juice may not be served when milk is the only other component.  
<sup>4</sup> Grains, breads, and cereals must be at least 50 percent whole grain and the remaining grains, if any, must be enriched or fortified.  
<sup>5</sup> Either volume (cup) or weight (oz.), whichever is less.  
<sup>6</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.  
<sup>7</sup> Alternate protein products must meet requirements in 7 CFR Part 210, Appendix A.  
<sup>8</sup> Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

### CACFP At-Risk Meal Pattern Specifications

The site must provide two food items from two difference components for a reimbursable snack and a food item for each of the five food components for a reimbursable supper as described in the *Snack CACFP At-Risk Meal Pattern for Children One Year Old or Older Chart* and the *Supper CACFP At-Risk Meal Pattern for Children One Year Old or Older Chart Supper*.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Food and Nutrition Division  
 Child and Adult Care Food Program

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 www.SquareMeals.org

# Snack CACFP At-Risk Meal Pattern for Children One Year Old or Older Chart

(oz = ounce; oz fl = fluid ounces; Tbsp = tablespoon)

Components Must Offer (Must serve two of the five components. Only one of the two components may be a beverage.)	Age Group Serving Size <sup>1</sup>		
	Ages 1-2	Ages 3-5	Ages 6 & Older
<b>Milk Component</b>			
Milk, fluid low-fat (1%) or fat-free(skim); fat-free flavored for kindergarten and older	½ cup (4.0 fl oz)	½ cup (4.0 f. oz)	1 cup (8.0 fl oz)
<b>Vegetable Component</b>			
Vegetable(s)	½ cup	½ cup	¾ cup
Full strength vegetable juice <sup>2</sup>	½ cup (4.0 fl oz)	½ cup (4.0 fl oz)	¾ cup (6.0 fl oz)
<b>Fruit Component</b>			
Fruit(s) <sup>3</sup>	½ cup	½ cup	¾ cup
Full strength juice <sup>2</sup>	½ cup (4.0 fl oz)	½ cup (4.0 fl oz)	¾ cup (6.0 fl oz)
<b>Grains Component<sup>4</sup> (serving may be combination of items)</b>			
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice
Whole grain-rich or enriched bread product, such as a biscuit, roll, or muffin	½ serving	½ serving	1 serving
Whole grain-rich, enriched, or fortified cooked breakfast cereal, <sup>5</sup> cereal grain, and /or pasta	¼ cup	¼ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>5</sup>			
Flakes or rounds cereal	½ cup	½ cup	1 cup
Puffed cereal	¾ cup	¾ cup	1¼ cup
Granola	⅓ cup	⅓ cup	¼ cup
<b>Meat/ Meat Alternates Component (serving may be combination of items)</b>			
Lean meat or poultry or fish	0.5 oz	0.5 oz	1.0 oz
Cheese	0.5 oz	0.5 oz	1.0 oz
Egg (large)	½ large egg	½ large egg	½ large egg
Tofu, soy product or alternate protein products	0.5 oz	0.5 oz	1.0 oz
Cooked dry beans or peas	⅓ cup	⅓ cup	¼ cup
Peanut butter or soynut butter, or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Peanuts or soynuts or tree nuts or seeds <sup>6</sup>	0.5 oz = 50%	0.5 oz = 50%	0.5 oz = 50%
Yogurt—plain or flavored, unsweetened or sweetened <sup>7</sup>	2.0 oz or ¼ cup	2.0 oz or ¼ cup	4.0 oz or ½ cup

<sup>1</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs. For more information on the meal pattern for students aged 1 to 5 see the *Administrator's Reference Manual (ARM), Section 9, Pre-Kindergarten Meals*.

<sup>2</sup> Fruit or vegetable juice must be full-strength. Fruit or vegetable juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day. Juice may not be served when milk is the only other component.

<sup>3</sup> A vegetable may be used to meet the entire fruit requirement.

<sup>4</sup> All grains must be made with enriched or whole grain meal or flour. At least one serving per day, across all meals served must be whole-grain rich. Grain based desserts do not count toward the grains requirement.

<sup>5</sup> Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce or no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal.

<sup>6</sup> Nuts and seeds may meet only one-half of the total meat/meat alternate serving. Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

<sup>7</sup> Yogurt may be plain or flavored, unsweetened, but must contain no more than 23 grams of total sugars per 6 ounces.

# Supper CACFP At-Risk Meal Pattern for Children One Year Old or Older Chart

(oz = ounce; oz fl = fluid ounces; Tbsp = tablespoon)

Components (Must serve all components with two or more kinds of vegetable(s) and/or fruit(s) or combination of both.)	Supper—Age Group Serving Size		
	Ages 1-2	Ages 3-5	Ages 6 & Older <sup>1</sup>
<b>Milk Component</b>			
Milk, fluid low fat (1%) or fat-free (skim); fat-free flavored for kindergarten and older	½ cup (4.0 fl oz)	¾ cup (6.0 fl oz)	1 cup (8.0 fl oz)
<b>Vegetable Component (2 or more)</b>			
Vegetable(s) <sup>2</sup>	⅛ cup	¼ cup	½ cup
Vegetable or fruit juice <sup>2</sup> (full strength)	⅛ cup (1 fl oz)	¼ cup (2 fl oz)	½ cup (4 fl oz)
<b>Fruit Component</b>			
Fruit(s) <sup>2</sup>	⅛ cup	¼ cup	¼ cup
Fruit juice <sup>3</sup> (full strength)	⅛ cup (1 fl oz)	¼ cup (2 fl oz)	¼ cup (2 fl oz)
<b>Grains Component<sup>4</sup> (1 serving; serving may be combination of grain items)</b>			
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice
Whole grain-rich or enriched bread product, such as a biscuit, roll, or muffin	½ serving	½ serving	1 serving
Whole grain-rich, enriched, or fortified cooked breakfast cereal, <sup>5</sup> cereal grain, and /or pasta	¼ cup	¼ cup	½ cup
<b>Meat/ Meat Alternates Component (Serving may be combination of meat/meat alternates)</b>			
Lean meat or poultry or fish	1.0 oz	1.5 oz	2.0 oz
Cheese	1.0 oz	1.5 oz	2.0 oz
Egg (large)	½ large egg	¾ large egg	1 large egg
Tofu, soy product or alternate protein products	1.0 oz	1.5 oz	2.0 oz
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup
Peanut butter or soynut butter, or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp
Peanuts or soynuts or tree nuts or seeds <sup>6</sup>	0.5 oz = 50%	0.75 oz = 50%	1.0 oz = 50%
Yogurt—plain or flavored, unsweetened or sweetened <sup>7</sup>	4.0 oz or ½ cup	6.0 oz or ¾ cup	8.0 oz or 1 cup

<sup>1</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

<sup>2</sup> A vegetable may be used to meet the fruit requirement; fruit cannot be used to meet the vegetable component. When two vegetables are served at supper, two different kinds of vegetables must be served.

<sup>3</sup> Fruit or vegetable juice must be full-strength. Fruit or vegetable juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>4</sup> All grains must be made with enriched or whole grain meal or flour. At least one serving per day, across all meals served must be whole-grain rich. Grain based desserts do not count toward the grains requirement.

<sup>5</sup> Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce or no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal.

<sup>6</sup> Nuts and seeds may meet only one-half of the total Meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement. Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

<sup>7</sup> Yogurt may be plain or flavored, unsweetened, but must contain no more than 23 grams of total sugars per 6 ounces.