

Menu Planner: Children 1-12 Years

Week of _____

Year _____



Meal pattern summary charts show minimum serving sizes, based on age.

Breakfast: • All 3 components are required

Components	1-2 YEARS	3-5 YEARS	6-12 YEARS
Fluid Milk	½ cup	¾ cup	1 cup
Grain, Bread, Cereal	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Vegetable or Fruit or Juice	¼ cup	½ cup	½ cup

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
Milk					
Grain					
Veg or Fruit					

Lunch/ Supper: • All 5 components are required.

Components	1-2 YEARS	3-5 YEARS	6-12 YEARS
Fluid Milk	½ cup	¾ cup	1 cup
Meat/ Meat Alternate	1 ounce	1 ½ ounce	2 ounces
Grain, Bread, Pasta, Rice	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Vegetable	⅓ cup	¼ cup	½ cup
Fruit	⅓ cup	¼ cup	¼ cup

Lunch/ Supper	Monday	Tuesday	Wednesday	Thursday	Friday
Milk					
Meat/ Meat Alternate					
Grain					
Vegetable					
Fruit					

- Snack:**
- 2 of the 5 components are required.
 - Snack may not consist of only milk and juice.

Components	1-2 YEARS	3-5 YEARS	6-12 YEARS
Fluid Milk	½ cup	½ cup	1 cup
Meat/ Meat Alternate	½ ounce	½ ounce	1 ounce
Grain, Bread, Crackers	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Vegetable	½ cup	½ cup	¾ cup
Fruit	½ cup	½ cup	¾ cup

Snack	Monday	Tuesday	Wednesday	Thursday	Friday
Item #1					
Item #2					
Extra Item (optional)					

For more information, visit:

- Refer to the CACFP Meal Pattern Requirements for children ages 1 – 12 for more information.
- The USDA Food and Nutrition Services website for [CACFP Training Tools](#)
- The USDA [Food Buying Guide](#)



The USDA and MSDE are equal opportunity providers and employers.

This project was funded using U.S. Department of Agriculture grant funds. September 2021.

www.eatsmartmaryland.org | 410-767-0199