

# CACFP Meal Requirements

## Lunch/Supper/Super Snack – 5 COMPONENTS

**Milk** – 8oz or 1C

**Fruit** – 2oz or 1/4C or 1 whole fruit

**Vegetable** – 4oz or 1/2 C

**Whole Grain Rich (WGR) Grain**– 1 slice of bread, 1 serving of a roll/biscuit/muffin, 1/2C noodles

**Meat or Meat Alternative** – 2oz of meat or cheese, 1 large egg, 1/2C beans, 4tbsp nut or seed butter, 8oz yogurt

\*Leafy greens must be 1 cup to be credited at 1/2C

\*Some days the fruit/vegetable combination will be replaced by two vegetables to equal 1 cup



## Snack – 2 COMPONENTS

**Milk** – 8oz or 1C

**Fruit** – 3/4 C or 1 whole fruit

**Vegetable** – 3/4C

**Whole Grain Rich (WGR) Grain**– 1 slice of bread, 1 serving of a roll/muffin, 3/4C dry cereal, 1oz whole grain/enriched snacks

**Meat/Meat alternative** – 1oz of meat or cheese, 4oz yogurt, 2tbsp nut or seed butter



Be sure to OFFER all meal components.  
Kids must take 3/5 dinner items and BOTH snack items.

If you're ever not sure how much to serve, check your menu!