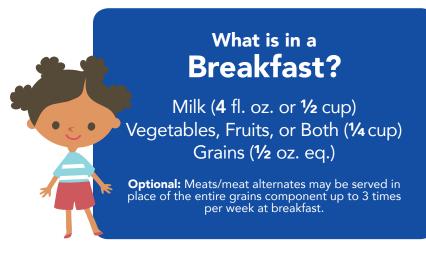


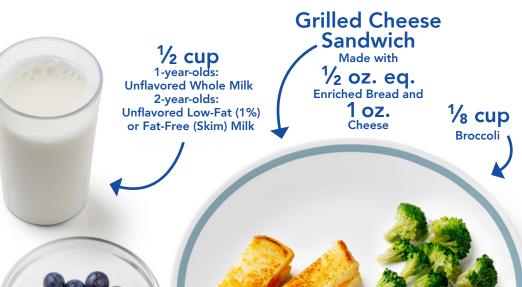
## Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 1-2









## What is in a **Lunch or Supper?**

Milk (**4** fl. oz. or ½ cup)
Meats/Meat Alternates (**1** oz. eq.)
Vegetables (⅓ cup)
Fruits (⅓ cup)
Grains (½ oz. eq.)



All grains served must be whole grain-rich or enriched.

Breakfast cereals may also be fortified.

At least one grain served each day must be whole grain-rich.

## Sample Lunch/Supper



 $\frac{1}{8}$  cup

## What is in a **Snack?**

Pick 2:
Milk (4 fl. oz. or ½ cup)
Meats/Meat Alternates (½ oz. eq.)
Vegetables (½ cup)
Fruits (½ cup)
Grains (½ oz. eq.)



Sample Snack

Note: Serving sizes are minimums.

Learn more about the CACFP meal patterns at <a href="https://teamnutrition.usda.gov">https://teamnutrition.usda.gov</a>.



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