

CACFP CHILD MEAL PATTERN

Menu Option: Substitute Meat/Meat Alternate for Grains at Breakfast

Meat and meat alternates may be served in place of the grains component at breakfast a maximum of **three times per week**.

When serving a meat/meat alternate in place of the grains component at breakfast, **one ounce equivalent of meat/meat alternate is equal to one ounce equivalent of grains**.

- ½ oz. eq. of grains at BREAKFAST
(ages 1-5 years) =**
- 2 ounces (¼ cup) Yogurt
 - ¼ Large Egg
 - ½ ounce Natural or Processed Cheese
 - ⅛ cup Beans or Peas (cooked)
 - ½ ounce Meat
 - 1.1 ounces (⅛ cup) Tofu



- 1 oz. eq. of grains at BREAKFAST
(ages 6-18 years) =**
- 4 ounces (½ cup) Yogurt
 - ½ Large Egg
 - 1 ounce Natural or Processed Cheese
 - ¼ cup Beans or Peas (cooked)
 - 1 ounce Meat
 - 2.2 ounces (¼ cup) Tofu

SAMPLE CHILD BREAKFAST MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
COMPONENT					
Milk Whole milk for 12-23 months 1% or skim for 2-18 years	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
Vegetable and/or Fruit	Fresh Melon	Sliced Apples	Orange Wedges	Banana	Blueberries
Grains (or Meat/Meat Alternate) 1-5 years 6-18 years	Scrambled Egg ¼ large ½ large	Cheddar Cheese ½ oz. 1 oz.	Oatmeal ¼ cup (cooked) ½ cup (cooked)	Whole Wheat Toast ½ slice 1 slice	Vanilla Yogurt 2 oz. 4 oz.

Source: [CACFP 08-2017](#)

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