10/2011

Iowa Child and Adult Care Food Program
At-risk Program
Meal Pattern
6-12 years[4]

(Post where meals are prepared and served.)

BREAKFAST[6]	
Milk[5]	1 cup
Juice or Fruit or Vegetable[1]	½ cup
Grains/Breads[2]	1 serving/slice
or cereal, cold dry	¾ cup***
or cooked cereal	½ cup
SNACK[6] (Select 2 of the 4 components listed)	
Milk[5]	1 cup
Juice or Fruit or Vegetable[1]	¾ cup
Meat or Meat Alternate	1 ounce
or egg (large)	½
or cheese	1 ounce
or cheese food, cheese spread	2 ounces
or yogurt	½ cup
or cottage cheese	¼ cup
or cooked dry beans/split peas	¼ cup
or peanut butter (nut or seed butter)	2 Tbsp.
or nuts and/or seeds[3]	1 ounce
Grains/Breads[2]	1 serving/slice
or cereal, cold dry	¾ cup***
or cooked cereal, rice, pasta	½ cup
LUNCH OR SUPPER[6]	
Milk[5]	1 cup
Meat or Meat Alternate	2 ounces
or egg (large)	1
or cheese	2 ounces
or cheese food, cheese spread	4 ounces
or yogurt	1 cup
or cottage cheese	½ cup
or cooked dry beans/split peas	½ cup
or peanut butter (nut or seed butter)	4 Tbsp.
or nuts and/or seeds[3]	1 ounce
2 Vegetables and/or fruits to total[1]	¾ cup (total)
Grains/Breads[2]	1 serving/slice
or cooked rice, noodles or pasta	½ cup

[1] Juices must be full strength 100% juice. For snack, juice cannot be served when milk is the only other component. Juice may contribute up to half the fruit/vegetable at lunch and supper. Only one serving of juice per day is recommended.
[2] Use whole grain, enriched or fortified breads, cereals, or pasta. See the Handy Guide to Creditable Foods List for amounts.
[3] Older children may have up to 1 ounce of nuts or seeds at any one meal. A second meat alternate must be served
[4] The minimum quantities listed must be served. Children may be served larger portions based on their individual food needs. Programs serving migrant children may claim meals through age 15 and At Risk Afterschool Snack Program and homeless shelter participants may be served through age 18.
[5] Milk must be skim or 1%, flavored or unflavored, when served to participants over age two. Whole milk is recommended for children between one and two years of age.
[6] Water must be available upon request to children throughout the day and at mealtime. Water does not fulfill any meal component and should not replace any required food.
* ¼ c or ⅓ oz, whichever is less, **⅓ c or ½ oz, whichever is less, *** ¾ c or 1 oz, whichever is less.
Tbsp. = Tablespoon Cup = measuring cup