

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

Sample Meals for Children Ages 6-12 and 13-18



Note: Serving sizes are minimums.

https://teamnutrition.usda.gov.

Offer and make water

available all day.

Learn more about the CACFP meal patterns at

TEAM

Vegetables (¾ cup) Fruits (¾ cup) Grains (1 oz. eq.)

Sample Snack