

CACFP Menu Option: Substitute Meat/Meat Alternate for Grains at Breakfast CHILD MEAL PATTERN

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 grain component at breakfast, **one ounce of meat/meat alternate is equal to one serving of grains or one ounce equivalent of grains**

**½ GRAIN AT BREAKFAST
(ages 1-5 years) =**

- 2 OUNCES YOGURT
- 1/4 EGG
- 1/2 OUNCE CHEESE
- 1/8 CUP BEANS
- 1/2 OUNCE MEAT OR TOFU



**1 GRAIN AT BREAKFAST
(ages 6-12 years) =**

- 4 OUNCES YOGURT
- 1/2 EGG
- 1 OUNCE CHEESE
- 1/4 CUP BEANS
- 1 OUNCE MEAT OR TOFU

SAMPLE CHILD BREAKFAST MENU

Component	Monday	Tuesday	Wednesday	Thursday	Friday
Milk Whole milk for 12-23 months 1% or skim for 2-18 years	Milk	Milk	Milk	Milk	Milk
Vegetable and/or Fruit	Fresh Melon	Sliced Apples	Orange Wedges	Banana	Blueberries
Grains (or Meat/ Meat Alternate)	Scrambled Egg	Cheddar Cheese	Oatmeal	Whole wheat toast	Vanilla Yogurt
1-2 years	1/4 large	1/2 oz	¼ cup	½ slice	2 oz
3-5 years	1/4 large	1/2 oz	¼ cup	½ slice	2 oz
6-12 years	1/2 large	1 oz	½ cup	1 slice	4 oz

Source:

<http://nutritionnc.com/snp/pdf/QuestionsandAnswersontheUpdatedMealPatternRequirementsfortheCACFP.pdf>