



Delaware CACFP Meal Pattern

Delaware Stars will assess the components that are served to children. Meals/snacks should be served to infants, toddlers, & preschoolers every 3-4 hours unless children are sleeping. If the children are physically and developmentally able to see, access and serve themselves the food then having it out and available on the table would meet the requirement of “served”; otherwise, there would need to be a verbal and/or physical “offering/serving” on behalf of the staff.

Infants

Food Component	Birth through 3 months	4 through 7 months	8 through 11 months
BREAKFAST			
Serve the following 3 components:			
Breast Milk or Formula	4 – 6 fl oz.	4 – 8 fl oz.	6 – 8 fl oz.
Infant Cereal	None	0 – 3 Tbsp	2 – 4 Tbsp
Fruit or Vegetable	None	None	1 – 4 Tbsp
LUNCH or SUPPER			
Serve the following 4 components:			
Breast Milk or Formula	4 – 6 fl oz.	4 – 8 fl oz.	6 – 8 fl oz.
Fruit or Vegetable	None	0 – 3 Tbsp	1 – 4 Tbsp
Infant Cereal	None	0 – 3 Tbsp	2 – 4 Tbsp
Meat or Meat Alternate			
Lean meat, poultry, fish, egg yolk, cooked beans or peas	None	None	1 – 4 Tbsp
Cheese	None	None	½ – 2 oz.
Cottage cheese	None	None	1 – 4 oz.
SNACK			
Serve the following 2 components:			
Breast Milk or Formula	4 – 6 fl oz.	4 – 6 fl oz.	2 – 4 fl oz.
Grain or Bread			
Bread	None	None	0 – ½ slice
Crackers	None	None	0 – 2 crackers

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Children Ages 1-12

Food Component	Ages 1 – 2	Ages 3 – 5	Ages 6 – 12
BREAKFAST			
Serve all 3 components (meat/meat alternate is optional)			
Milk, fluid	½ cup	¾ cup	1 cup
Fruit or Vegetable	¼ cup	½ cup	½ cup
Grain or Bread	½ slice	½ slice	1 slice
Bread	½ slice	½ slice	1 slice
Cereal – dry	¼ cup	⅓ cup	¾ cup
Cereal – hot	¼ cup	¼ cup	½ cup
Meat or Meat Alternate (optional)			
Lean meat, poultry or fish	½ oz.	½ oz.	1 oz.
Cheese	½ oz.	½ oz.	1 oz.
Cottage cheese	2 Tbsp	2 Tbsp	2 Tbsp
Large egg	½ egg	½ egg	½ egg
Peanut butter or other nut/seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Nuts or seeds	½ oz.	½ oz.	1 oz.
Yogurt, plain or flavored	¼ cup	¼ cup	½ cup
LUNCH or SUPPER			
Serve all 4 components			
Milk, fluid	½ cup	¾ cup	1 cup
Fruit or Vegetable: Serve 2 or more separate and identifiable fruit/vegetable dishes	¼ cup total	½ cup total	¾ cup total
Grain or Bread			
Bread	½ slice	½ slice	1 slice
Grain or Pasta	¼ cup	¼ cup	½ cup
Cereal-Dry	¼ cup	⅓ cup	¾ cup
Cereal-Hot	¼ cup	¼ cup	½ cup
Meat or Meat Alternate			
Lean meat, poultry or fish	1 oz.	1 and ½ oz.	2 oz.
Cheese	1 oz.	1 and ½ oz.	2 oz.
Cottage cheese	¼ cup	⅜ cup	½ cup
Large egg	½ egg	¾ egg	1 egg
Cooked dry beans/peas	¼ cup	⅜ cup	½ cup
Peanut butter or other nut/seed butters	2 Tbsp	3 Tbsp	4 Tbsp
Nuts or seeds	½ oz.	¾ oz.	1 oz.
Yogurt, plain or flavored	½ cup	¾ cup	1 cup

SNACK			
Select 2 of the 4 components			
Milk, fluid	½ cup	½ cup	1 cup
Fruit or Vegetable	½ cup	½ cup	¾ cup
Grain or Bread			
Bread	½ slice	½ slice	1 slice
Grain or pasta	¼ cup	¼ cup	½ cup
Cereal – dry	¼ cup	⅓ cup	¾ cup
Cereal – hot	¼ cup	¼ cup	½ cup
Meat or Meat Alternate			
Lean meat, poultry, or fish	½ oz.	½ oz.	1 oz.
Cheese	½ oz.	½ oz.	1 oz.
Cottage cheese	2 Tbsp	2 Tbsp	2 Tbsp
Large egg	½ egg	½ egg	½ egg
Cooked dry beans/peas	⅓ cup or 2 Tbsp	⅓ cup or 2 Tbsp	¼ cup or 4 Tbsp
Peanut butter or other nut/seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Nuts or seeds	½ oz.	½ oz.	1 oz.
Yogurt, plain or flavored	¼ cup	¼ cup	½ cup