

**Maryland State Department of Education
Child and Adult Care Food Program**

MEAL PATTERN REQUIREMENTS AGES 1-12

MEAL	1-2 YEARS	3-5 YEARS	6-12 YEARS
BREAKFAST			
Milk/Fluid	1/2cup	3/4 cup	1 cup
Vegetable & or Fruit or Juice	1/4 cup	1/2 cup	1/2 cup
Cereal/Bread Alternate	1/3 ounce/1 slice	1/2 ounce/1/2 slice	1 ounce/1 slice
SNACK <i>(choose 2 of the 4)</i>			
Milk/Fluid	1/2 cup	1/2 cup	1 cup
Vegetable/Fruit	1/2 cup	1/2 cup	3/4 cup
Bread/Alternate	1/2 slice	1/2 slice	1 slice
Meat/Alternate	1/2 ounce	1/2 ounce	1 ounce
LUNCH/SUPPER			
Milk/Fluid	1/2 cup	3/4 cup	1 cup
Meat/Alternate	1 ounce	1 1/2 ounce	2 ounces
Bread/Alternate	1/2 slice	1/2 slice	1 slice
Vegetable and/or Fruit (2 servings total)	1/4 cup	1/2 cup	3/4 cup