

Child and Adult Care Food Program (CACFP)

Breakfast Meal Pattern for Children

Program Year 2025-26 (October 1, 2025, through September 30, 2026)

Breakfast meal components ¹	Minimum for ages 1-2	Minimum for ages 3-5	Minimum for ages 6-12	Minimum for ages 13-18 ²
Milk, fluid ³ Age 1: Whole milk, unflavored Ages 2 and older: Low-fat (1%) or fat-free milk, unflavored	4 fluid ounces (½ cup)	6 fluid ounces (¾ cup)	8 fluid ounces (1 cup)	8 fluid ounces (1 cup)
Vegetables, fruits, or portions of both ^{4, 5, 6}	¼ cup	½ cup	½ cup	½ cup
Grains, ounce equivalents (oz eq) ^{7, 8, 9, 10}	½ oz eq =	½ oz eq =	1 oz eq =	1 oz eq =
Whole grain-rich (WGR) ⁸ or enriched bread or bread product, e.g., biscuit, roll, or muffin	½ oz eq ¹¹	½ oz eq ¹¹	1 oz eq ¹¹	1 oz eq ¹¹
WGR, enriched, or fortified cooked breakfast cereal ¹² , cereal grain ¹³ , rice, or pasta	¼ cup	¼ cup	½ cup	½ cup
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold):				
Flakes or rounds ¹²	½ cup	½ cup	1 cup	1 cup
Puffed ¹²	¾ cup	¾ cup	1¼ cups	1¼ cups
Granola ¹²	⅛ cup	⅛ cup	¼ cup	¼ cup

CACFP Breakfast Meal Pattern for Children

Menu planning notes

- ¹ Breakfast must include the minimum serving of the three meal components. Use the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine the amount of purchased food that meets the meal pattern requirements. Commercial processed products require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information unless they are listed in the FBG. CACFP sponsors must verify PFS forms for accuracy prior to purchasing, serving, and claiming the product in reimbursable meals and snacks. Foods made from scratch must have a recipe that documents the crediting information per serving. Standardized recipes are encouraged to ensure accurate crediting information. For information on crediting documentation, refer to the Connecticut State Department of Education's (CSDE) resources, [Using Child Nutrition \(CN\) Labels in the Child and Adult Care Food Program](#), [Using Product Formulation Statements in the Child and Adult Care Food Program](#), and [Accepting Processed Product Documentation in the Child and Adult Care Food Program](#), and visit the CSDE's [Crediting Documentation for the Child Nutrition Programs](#) webpage.
- ² The age group for ages 13-18 applies only to at-risk afterschool programs and emergency shelters. Larger portions may be needed to meet the nutritional needs of children ages 13-18.
- ³ Milk must be pasteurized and meet state and local standards. Milk must be unflavored whole milk for age 1 and unflavored low-fat (1%) or fat-free milk for ages 2 and older. Flavored low-fat or fat-free milk may be served to ages 6 and older, but the USDA's [CACFP best practices](#) recommend serving only unflavored milk. For more information on the milk component, visit the "Milk" section of the CSDE's Meal Patterns for the Child and Adult Care Food Program webpage.
- ⁴ The vegetables component includes fresh, frozen, canned, and rehydrated dried vegetables, and pasteurized 100 percent full-strength vegetable juice. Vegetables credit based on volume (cups), except raw leafy greens credit as half the volume served, e.g., 1 cup of lettuce or spinach credits as ½ cup of the vegetables component. A serving of canned vegetables must be drained. Dried vegetables (such as potato flakes and dried soup mix) credit based on their rehydrated volume and require a PFS. The USDA's [CACFP best practices](#) recommend that CACFP menus include at least one serving per week of each vegetable subgroup (dark green; red/orange; beans, peas, and lentils; starchy; and other). For more information on the vegetables component, refer to the CSDE's resource, [Vegetable Subgroups in the Child and Adult Care Food Program](#) and visit the "Vegetables" section of the CSDE's Meal Patterns for the Child and Adult Care Food Program webpage.

CACFP Breakfast Meal Pattern for Children

- 5 The fruits component includes fresh, frozen, and dried fruits, canned fruit in juice, water, or light syrup, and pasteurized 100 percent full-strength fruit juice. The creditable serving of canned fruit in 100 percent juice may include the juice but cannot include water or syrup. Fruits credit based on volume (cups), except dried fruits credit as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of the fruits component. For information on the fruits component, visit the “[Fruits](#)” section of the CSDE’s Meal Patterns for the Child and Adult Care Food Program webpage.
- 6 Pasteurized full-strength juice credits as either the vegetables component or fruits component at only one meal or snack per day. The juice limit includes fruit and vegetable juice, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. The USDA’s [CACFP best practices](#) recommend serving whole fruits (fresh, frozen, canned, and dried) more often than juice. For crediting guidance, refer to the CSDE’s resources, [Crediting Juices in the Child and Adult Care Food Program](#) and [Crediting Smoothies in the Child and Adult Care Food Program](#).
- 7 Grain products and recipes must be made with creditable grains (whole grains, enriched grains, bran, and germ) and must be WGR or enriched. For information on identifying creditable grains, refer to the CSDE’s resources, [How to Identify Creditable Grains in the Child and Adult Care Food Program](#), [Crediting Whole Grains in the Child and Adult Care Food Program](#), and [Crediting Enriched Grains in the Child and Adult Care Food Program](#), and visit the “[Grains](#)” section of the CSDE’s Meal Patterns for the Child and Adult Care Food Program webpage.
- 8 At least one serving of grains per day must be WGR. The USDA’s [CACFP best practices](#) recommend at least two servings of WGR grains per day. To meet the CACFP WGR criteria, foods must contain at least 50 percent whole grains and the remaining grain ingredients must be enriched, bran, or germ. For more information, refer to the CSDE’s [Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program](#) and visit “[Whole Grain-rich Requirement](#)” in the “Grains” section of the CSDE’s Meal Patterns for the Child and Adult Care Food Program webpage.
- 9 Grain-based desserts do not credit as the grains component. Examples include cookies, piecrusts in sweet pies, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies. Sweet crackers (such as graham crackers and animal crackers) are allowed but the CSDE recommends limiting them to no more than twice per week between all meals and snacks. For more information, visit the USDA’s [Grain-based Desserts in the Child and Adult Care Food Program](#) webpage.

CACFP Breakfast Meal Pattern for Children

- ¹⁰ Meats/meat alternates (MMA) may substitute for the entire grains component at breakfast up to three times per week. A 1-oz eq serving of the MMA component substitutes for 1 oz eq of the grains component. For more information, visit the USDA's [Serving Meats and Meat Alternates at Breakfast](#) webpage and the "Meats and Meat Alternates" section of the CSDE's Meal Patterns for the Child and Adult Care Food Program webpage.
- ¹¹ To credit as the required oz eq, the serving of grain products and recipes must provide either: 1) the required serving weight (groups A-E) or volume (groups H-I) in the USDA's Exhibit A chart (refer to the CSDE's resources, [Grain Ounce Equivalents Chart for the Child and Adult Care Food Program](#) and [How to Use the Grain Ounce Equivalents Chart for the Child and Adult Care Food Program](#)); or 2) the minimum creditable grains per serving (refer to the CSDE's resources, [Calculation Methods for Grains Ounce Equivalents for the Child and Adult Care Food Program](#) and [When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program](#)). For more information, visit "Serving Requirements" in the "Grains" section of the CSDE's Meal Patterns for the Child and Adult Care Food Program webpage.
- ¹² Breakfast cereals must be WGR, enriched, or fortified and cannot exceed 6 grams of added sugars per dry ounce. For crediting guidance, refer to the CSDE's resource, [Crediting Breakfast Cereals in the Child and Adult Care Food Program](#).
- ¹³ Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.

CACFP Breakfast Meal Pattern for Children

For more information on the CACFP meal patterns for children, refer to the CSDE's [Guide to Meeting the CACFP Meal Patterns for Children](#) and visit the CSDE's [Meal Patterns for the Child and Adult Care Food Program](#) webpage and [Crediting Foods in the Child and Adult Care Food Program](#) webpage, or contact the [CACFP staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/cacfp/mealpattern/cacfp_breakfast_meal_pattern.pdf.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race; color; religious creed; age; sex; pregnancy; sexual orientation; workplace hazards to reproductive systems, gender identity or expression; marital status; national origin; ancestry; retaliation for previously opposed discrimination or coercion, intellectual disability; genetic information; learning disability; physical disability (including, but not limited to, blindness); mental disability (past/present history thereof); military or veteran status; status as a victim of domestic violence; or criminal record in state employment, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes. Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Attorney Louis Todisco, Connecticut State Department of Education, by mail 450 Columbus Boulevard, Hartford, CT 06103-1841; or by telephone 860-713-6594; or by email louis.todisco@ct.gov.

