

Toddler Meal Guidelines – Ages 1-2

Source: Child and Adult Care Food Program, USDA Food and Nutrition Service *Updated 9/25/00*

www.nal.usda.gov/childcare/Cacfp/index.html

BREAKFAST

Food Components	Ages 1-2
1 serving milk fluid milk.....	½ cup.....
1 serving fruit/vegetable juice ⁷ , fruit and/or vegetable....	¼ cup.....
1 serving grains/bread ⁸	
bread or.....	½ slice.....
Cornbread, biscuit, roll or muffin, or.....	½ serving.....
Cold dry cereal or.....	¼ cup.....
Hot cooked cereal or.....	¼ cup.....
Pasta, noodles or grains.....	¼ cup.....

LUNCH OR SUPPER

1 serving milk fluid milk.....	½ cup.....
2 servings fruit/vegetable juice ⁷ , fruit and/or vegetable....	¼ cup.....
1 serving grains/bread ⁸	
bread or.....	½ slice.....
Cornbread, biscuit, roll or muffin, or.....	½ serving.....
Cold dry cereal or.....	¼ cup.....
Hot cooked cereal or.....	¼ cup.....
Pasta, noodles or grains.....	¼ cup.....
1 serving meat/meat alternative	
meat, poultry or fish ⁹ , or.....	1 oz.....
cheese or.....	1 oz.....
alternate protein product or.....	1 oz.....
egg or.....	½.....
cooked dry beans or peas, or.....	¼ cup.....
nuts and/or seeds ¹⁰ , or.....	½ oz.....
Peanut or other nut or seed butters, or.....	2 tablespoons...
Yogurt ¹¹	4 oz.....

SNACK: Choose 2 of the 4 components

1 serving milk fluid milk.....	½ cup.....
1 serving fruit/vegetable juice ⁷ , fruit and/or vegetable....	½ cup.....
1 serving grains/bread ⁸	
bread or.....	½ slice.....
Cornbread, biscuit, roll or muffin, or.....	½ serving.....
cold dry cereal or.....	¼ cup.....
hot cooked cereal or.....	¼ cup.....
pasta, noodles or grains.....	¼ cup.....
1 serving meat/meat alternative	
meat, poultry or fish ⁹ , or.....	½ oz.....
alternate protein product or.....	½ oz.....
cheese or.....	½ oz.....
egg or.....	½.....
cooked dry beans or peas, or.....	1/8 cup.....
nuts and/or seeds, or.....	½ oz.....
peanut or other nut or seed butters, or.....	1 tablespoon...
yogurt ¹¹	2 oz.....

Footnotes

- 7 Fruit or vegetable juice must be full-strength. Juice cannot be counted as the second snack-item if the other snack-item is milk.
- 8 Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.
- 9 A serving consists of the edible portion of cooked lean meat or poultry or fish.
- 10 Nuts and seeds may comprise only half of a meat/meat alternative serving and must be combined with another meat/meat alternative to fulfill the lunch or supper requirement.
- 11 Yogurt may be plain or flavored, unsweetened or sweetened.