










CHILD MEAL PATTERN BREAKFAST



FLUID MILK

	Age 1	Age 2	Ages 3-5	Ages 6-12	Ages 13-18 (afterschool and emergency shelter)
	4 Fluid Ounce (½ Cup) Unflavored WHOLE	4 Fluid Ounce (½ Cup) Unflavored SKIM or 1%	6 Fluid Ounce (¾ Cup) Unflavored SKIM or 1%	8 Fluid Ounce (1 Cup) Unflavored SKIM or 1% Flavored SKIM	8 Fluid Ounce (1 Cup) Unflavored SKIM or 1% Flavored SKIM

MEAT/MEAT ALTERNATES (INSTEAD OF THE GRAIN UP TO 3 TIMES PER WEEK)

Meat/Meat Alternate	Age 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (afterschool and emergency shelter)
 Lean Meat, Poultry, Fish	½ Ounce	½ Ounce	1 Ounces	1 Ounces
 Tofu, Soy Products	1/8 Cup with at least 2.5 grams of protein	¼ Cup with at least 5 grams of protein	½ Cup with at least 10 grams of protein	½ Cup with at least 10 grams of protein
 Cheese	½ Ounce	½ Ounce	1 Ounces	1 Ounces
 Large Egg	¼	¼	½	½
 Cooked Dry Beans or Peas	1/8 Cup	1/8 Cup	¼ Cup	¼ Cup
 Nut Butter	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
 Yogurt	¼ Cup	¼ Cup	½ Cup	½ Cup
 Cottage or Ricotta Cheese	1/8 Cup	1/8 Cup	¼ Cup	¼ Cup

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VEGETABLES, FRUITS, OR PORTION OF BOTH

	Age 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (afterschool and emergency shelter)
	¼ Cup	½ Cup	½ Cup	½ Cup

WHOLE GRAIN-RICH OR ENRICHED GRAINS

Grain Item	Age 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (afterschool and emergency shelter)
Bread, Bagel, Buns, English Muffins	½ Ounce (½ Slice)	½ Ounce (½ Slice)	1 Ounces 1 Slice	1 Ounce 1 Slice
Biscuit, Roll, Muffin	½ Ounce ½ Serving	½ Ounce ½ Serving	1 Serving	1 Serving
Cooked Breakfast Cereal, Pasta	¼ Cup	¼ Cup	½ Cup	½ Cup
Breakfast Cereal (Flakes or rounds)	½ Cup	½ Cup	1 Cup	1 Cup
Breakfast Cereal (Puffed)	¾ Cup	¾ Cup	1 ¼ Cup	1 ¼ Cup
Granola	1/8 Cup	1/8 Cup	¼ Cup	¼ Cup
French Toast	1.1 Ounce	1.1 Ounce	2.2 Ounces	2.2 Ounces

REMEMBER

- 100% Juice can be used to meet the fruit or vegetable requirement once a day
- Whole grain-rich must be served once a day
- Grain-based deserts don't count
- Meat/meat alternate can be substituted for the grains up to three days a week (1 ounce of meat/meat alternate equals 1 ounce of grain)
- Breakfast cereal must contain no more than 6 grams of sugar per dry ounce

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