


CHILD MEAL PATTERN








SNACK – CHOOSE 2




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%	4 Fluid Ounce (½ 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

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	½ Ounce	½ Ounce	1 Ounces	1 Ounces
 Cheese	½ Ounce	½ Ounce	1 Ounces	1 Ounces
 Large Egg	½	½	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	2 Ounces or ¼ Cup	2 Ounces or ¼ Cup	4 Ounces or ½ Cup	4 Ounces or ½ Cup

VEGETABLES

	Age 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (afterschool and emergency shelter)
	½ Cup	½ Cup	¾ Cup	¾ Cup

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FRUIT

	Fruit	Age 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (afterschool and emergency shelter)
		½ Cup	½ Cup	¾ Cup	¾ 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 Ounce (1 Slice)	1 Ounce (1 Slice)
 Biscuit, Roll, Muffin	½ Ounce (½ Serving)	½ Ounce (½ Serving)	1 Ounce (1 Serving)	1 Ounce (1 Serving)
 Cooked Breakfast Cereal, Pasta, Rice	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

REMEMBER

- Select two of the five components
- Only one of the components can be a beverage
- 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
- Breakfast cereal must contain no more than 6 grams of sugar per dry ounce
- Yogurt must contain no more than 23 grams of sugar per 6 ounces
- Alternate protein products must meet the requirements in Appendix A to Part 226