


CHILD MEAL PATTERN

BREAKFAST











FEEDING OUR FUTURE

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

CHILD MEAL PATTERN

BREAKFAST



FEEDING OUR FUTURE

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 (WHOLE GRAIN MUST BE SERVED ONCE A DAY)

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

CHILD MEAL PATTERN








LUNCH AND SUPPER



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 Oz. (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	1 Ounce	1 ½ Ounce	2 Ounces	2 Ounces
 Tofu, Soy Products	1 Ounce	1 ½ Ounce	2 Ounces	2 Ounces
 Cheese	1 Ounce	1 ½ Ounce	2 Ounces	2 Ounces
 Large Egg	½	¾	1	1
 Cooked Dry Beans or Peas	¼ Cup	3/8 Cup	½ Cup	½ Cup
 Nut Butter	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp
 Yogurt	4 Ounces or ½ Cup	6 Ounces or ¾ Cup	8 Ounces or 1 Cup	8 Ounces or 1 Cup

VEGETABLES

	Age 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (afterschool and emergency shelter)
	1/8 Cup	¼ Cup	½ Cup	½ Cup

CHILD MEAL PATTERN





LUNCH AND SUPPER



FRUIT OR SECOND DIFFERENT VEGETABLE

	Fruit	Age 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (afterschool and emergency shelter)
		1/8 Cup	¼ Cup	¼ Cup	¼ Cup

WHOLE GRAIN-RICH OR ENRICHED GRAINS (WHOLE GRAIN MUST BE SERVED ONCE A DAY)

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 Slice	1 Slice
 Biscuit, Roll, Muffin, Tortilla, Pizza Crust	½ Ounce (½ Serving)	½ Ounce (½ Serving)	1 Serving	1 Serving
 Cooked Breakfast Cereal, Pasta, Rice	¼ Cup	¼ Cup	½ Cup	½ Cup
 Cornbread, Corn Muffins	3/5 Ounce	3/5 Ounce	1 ¼ Ounces	1 ¼ Ounces

REMEMBER


- 100% Juice can be used to meet the fruit or vegetable requirement once a day
- A second different vegetable can be served instead of a fruit at lunch and supper
- 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
- Peanuts, soy nuts, tree nuts, or seeds may be used to meet 50% of the requirement
- 1 Ounce of nuts/seeds equals 1 ounce of cooked lean meat, poultry, or fish

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

CHILD MEAL PATTERN







SNACK – CHOOSE 2



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 (WHOLE GRAIN MUST BE SERVED ONCE A DAY)

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 2