









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 |

This institution is an equal opportunity provider.





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

| 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

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