Child Meal Patterns

Breakfast (Select all three components)					
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12		
Fluid Milk ¹	4 fluid ounces	6 fluid ounces	8 fluid ounces		
Vegetables, fruits, or portions of both ²	1⁄4 cup	½ cup	½ cup		
Grains (oz eq) ³					
Whole grain-rich or enriched bread	1/2 slice	1/2 slice	1 slice		
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	1/2 serving	1/2 serving	1 serving		
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	1⁄4 cup	¼ cup	½ cup		
Whole grain-rich, enriched or fortified ready-to- eat breakfast cereal (dry, cold)					
Flaked or rounds	½ cup	½ cup	1 cup		
Puffed cereal	³ ⁄ ₄ cup	³ ⁄ ₄ cup	1 ¼ cup		
Granola	⅓ cup	⅓ cup	¼ cup		

Lunch and Supper (Select all five components)				
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	
Fluid Milk ¹	4 fluid ounces	6 fluid ounces	8 fluid ounces	
Meat/meat alternatives				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	
Tofu, soy products, or alternate protein products	1 ounce	1 ½ ounce	2 ounces	
Cheese	1 ounce	1 ½ ounce	2 ounces	
Large egg	1/2	3⁄4	1	
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	
Yogurt, plain or flavored, unsweetened or sweetened	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	³ ⁄4 ounce = 50 %	1 ounce = 50 %	
Vegetables ²	¹∕₃ cup	¼ cup	½ cup	
Fruits ²	⅓ cup	¼ cup	1⁄4 cup	
Grains (ounce equivalents) ³				
Whole grain-rich or enriched bread	1/2 slice	1/2 slice	1 slice	
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	1/2 serving	1/2 serving	1 serving	
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	

¹ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old or older.

² Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snacks, per day.

³ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count toward meeting the grains requirement.

Child Meal Patterns

Snack (Select two of the five components)				
Fluid Milk ¹	4 fluid ounces	4 fluid ounces	8 fluid ounces	
Meat/meat alternatives				
Lean meat, poultry, or fish	1/2 ounce	1/2 ounce	1 ounces	
Tofu, soy products, or alternate protein products	1/2 ounce	1/2 ounce	1 ounces	
Cheese	1/2 ounce	1/2 ounce	1 ounces	
Large egg	1/2	1/2	1/2	
Cooked dry beans or peas	1 [/] % cup	1∕8 cup	¼ cup	
Peanut butter, soy nut butter, or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	
Yogurt, plain or flavored, unsweetened or sweetened	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	
Peanuts, soy nuts, tree nuts, or seed	1/2 ounce	1/2 ounce	1 ounce	
Vegetables ²	½ cup	½ cup	¾ cup	
Fruits ²	½ cup	½ cup	¾ cup	
Grains (ounce equivalents) ³				
Whole grain-rich or enriched bread	1/2 slice	1/2 slice	1 slice	
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	1/2 serving	½ serving	1 serving	
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	
Whole grain-rich, enriched or fortified ready-to- eat breakfast cereal (dry, cold)				
Flaked or rounds	½ cup	½ cup	1 cup	
Puffed cereal	³ ⁄ ₄ cup	³ ⁄ ₄ cup	1 ¼ cup	
Granola	1/8 cup	1/8 cup	¼ cup	

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