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 | $1 / 2$ cup | $1 / 2$ 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 | $1 / 4$ cup | $1 / 2$ cup |
| Whole grain-rich, enriched or fortified ready-toeat breakfast cereal (dry, cold) |  |  |  |
| Flaked or rounds | $1 / 2$ cup | $1 / 2$ cup | 1 cup |
| Puffed cereal | $3 / 4$ cup | $3 / 4$ cup | $11 / 4$ cup |
| Granola | $1 / 8$ cup | 1/8 cup | $1 / 4$ 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 | $11 / 2$ ounce | 2 ounces |
| Tofu, soy products, or alternate protein products | 1 ounce | $11 / 2$ ounce | 2 ounces |
| Cheese | 1 ounce | $11 / 2$ ounce | 2 ounces |
| Large egg | 1/2 | $3 / 4$ | 1 |
| Cooked dry beans or peas | $1 / 4$ cup | 3/8 cup | $1 / 2$ 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 $1 / 2$ cup | 6 ounces or $3 / 4$ cup | 8 ounces or 1 cup |
| The following may be used to meet no more than $50 \%$ of the requirement: <br> Peanuts, soy nuts, tree nuts, or seeds (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish) | $1 / 2$ ounce $=50 \%$ | $3 / 4$ ounce $=50 \%$ | 1 ounce = $50 \%$ |
| Vegetables ${ }^{2}$ | 1/8 cup | 1/4 cup | 1/2 cup |
| Fruits ${ }^{2}$ | 1/8 cup | $1 / 4$ cup | 1/4 cup |
| Grains (ounce equivalents) ${ }^{\mathbf{3}}$ |  |  |  |
| 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 | $1 / 4$ cup | $1 / 2$ 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.

## APPENDIX VI: CHILD MEAL PATTERNS

## Child Meal Patterns

| Snack <br> (Select two of the five components) |  |  |  |
| :---: | :---: | :---: | :---: |
| Food Components and Food Items | Ages 1-2 | Ages 3-5 | Ages 6-12 |
| 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 | 1/8 cup | 1/8 cup | $1 / 4$ 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 $1 / 4$ cup | 2 ounces or $1 / 4$ cup | 4 ounces or $1 / 2$ cup |
| Peanuts, soy nuts, tree nuts, or seed | $1 / 2$ ounce | $1 / 2$ ounce | 1 ounce |
| Vegetables ${ }^{2}$ | $1 / 2$ cup | 1/2 cup | 3/4 cup |
| Fruits ${ }^{\text {² }}$ | $1 / 2$ cup | $1 / 2$ cup | $3 / 4$ 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 | $1 / 4$ cup | $1 / 4$ cup | $1 / 2$ cup |
| Whole grain-rich, enriched or fortified ready-toeat breakfast cereal (dry, cold) |  |  |  |
| Flaked or rounds | $1 / 2$ cup | 1⁄2 cup | 1 cup |
| Puffed cereal | 3/4 cup | 3/4 cup | $11 / 4$ cup |
| Granola | $1 / 8$ cup | $1 / 8$ cup | $1 / 4$ 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.

