

APPENDIX V

Child Meal Patterns

Breakfast (Select all three components)			
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk¹	<u>4 fluid ounces</u>	<u>6 fluid ounces</u>	<u>8 fluid ounces</u>
Vegetables, fruits, or portions of both²	<u>¼ cup</u>	<u>½ cup</u>	<u>½ cup</u>
Grains (oz eq)³			
Whole grain-rich or enriched bread	<u>½ slice</u>	<u>½ slice</u>	<u>1 slice</u>
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	<u>½ serving</u>	<u>½ serving</u>	<u>1 serving</u>
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	<u>¼ cup</u>	<u>¼ cup</u>	<u>½ cup</u>
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)			
Flaked or rounds	<u>½ cup</u>	<u>½ cup</u>	<u>1 cup</u>
Puffed cereal	<u>¾ cup</u>	<u>¾ cup</u>	<u>1 ¼ cup</u>
Granola	<u>⅓ cup</u>	<u>⅓ cup</u>	<u>¼ cup</u>

Lunch and Supper (Select all five components)			
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk¹	<u>4 fluid ounces</u>	<u>6 fluid ounces</u>	<u>8 fluid ounces</u>
Meat/meat alternatives			
Lean meat, poultry, or fish	<u>1 ounce</u>	<u>1 ½ ounce</u>	<u>2 ounces</u>
Tofu, soy products, or alternate protein products	<u>1 ounce</u>	<u>1 ½ ounce</u>	<u>2 ounces</u>
Cheese	<u>1 ounce</u>	<u>1 ½ ounce</u>	<u>2 ounces</u>
Large egg	<u>½</u>	<u>¾</u>	<u>1</u>
Cooked dry beans or peas	<u>¼ cup</u>	<u>⅓ cup</u>	<u>½ cup</u>
Peanut butter or soy nut butter or other nut or seed butters	<u>2 tbsp</u>	<u>3 tbsp</u>	<u>4 tbsp</u>
Yogurt, plain or flavored, unsweetened or sweetened	<u>4 ounces or ½ cup</u>	<u>6 ounces or ¾ cup</u>	<u>8 ounces or 1 cup</u>
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)	<u>½ ounce = 50%</u>	<u>¾ ounce = 50 %</u>	<u>1 ounce = 50 %</u>
Vegetables²	<u>⅓ cup</u>	<u>¼ cup</u>	<u>½ cup</u>
Fruits²	<u>⅓ cup</u>	<u>¼ cup</u>	<u>¼ cup</u>
Grains (ounce equivalents)³			
Whole grain-rich or enriched bread	<u>½ slice</u>	<u>½ slice</u>	<u>1 slice</u>
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	<u>½ serving</u>	<u>½ serving</u>	<u>1 serving</u>
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	<u>¼ cup</u>	<u>¼ cup</u>	<u>½ cup</u>

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 V

Child Meal Patterns

Snack (Select two of the five components)			
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk¹	<u>4 fluid ounces</u>	<u>4 fluid ounces</u>	<u>8 fluid ounces</u>
Meat/meat alternatives			
<u>Lean meat, poultry, or fish</u>	<u>½ ounce</u>	<u>½ ounce</u>	<u>1 ounces</u>
<u>Tofu, soy products, or alternate protein products</u>	<u>½ ounce</u>	<u>½ ounce</u>	<u>1 ounces</u>
<u>Cheese</u>	<u>½ ounce</u>	<u>½ ounce</u>	<u>1 ounces</u>
<u>Large egg</u>	<u>½</u>	<u>½</u>	<u>½</u>
<u>Cooked dry beans or peas</u>	<u>⅛ cup</u>	<u>⅛ cup</u>	<u>¼ cup</u>
<u>Peanut butter, soy nut butter, or other nut or seed butters</u>	<u>1 tbsp</u>	<u>1 tbsp</u>	<u>2 tbsp</u>
<u>Yogurt, plain or flavored, unsweetened or sweetened</u>	<u>2 ounces or ¼ cup</u>	<u>2 ounces or ¼ cup</u>	<u>4 ounces or ½ cup</u>
<u>Peanuts, soy nuts, tree nuts, or seed</u>	<u>½ ounce</u>	<u>½ ounce</u>	<u>1 ounce</u>
Vegetables²	<u>½ cup</u>	<u>½ cup</u>	<u>¾ cup</u>
Fruits²	<u>½ cup</u>	<u>½ cup</u>	<u>¾ cup</u>
Grains (ounce equivalents)³			
<u>Whole grain-rich or enriched bread</u>	<u>½ slice</u>	<u>½ slice</u>	<u>1 slice</u>
<u>Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin</u>	<u>½ serving</u>	<u>½ serving</u>	<u>1 serving</u>
<u>Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta</u>	<u>¼ cup</u>	<u>¼ cup</u>	<u>½ cup</u>
<u>Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)</u>			
<u>Flaked or rounds</u>	<u>½ cup</u>	<u>½ cup</u>	<u>1 cup</u>
<u>Puffed cereal</u>	<u>¾ cup</u>	<u>¾ cup</u>	<u>1 ¼ cup</u>
<u>Granola</u>	<u>⅛ cup</u>	<u>⅛ cup</u>	<u>¼ cup</u>

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