

APPENDIX X: CHILD MEAL PATTERNS

Child Meal Patterns

Breakfast (Select all three components)			
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk¹	4 fluid ounces	6 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both²	¼ cup	½ cup	½ cup
Grains (oz eq)³			
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	½ 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	¾ cup	¾ cup	1 ¼ cup
Granola	⅛ cup	⅛ 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 Milk¹	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	½	¾	1
Cooked dry beans or peas	¼ cup	⅜ 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%	¾ ounce = 50 %	1 ounce = 50 %
Vegetables²	⅛ cup	¼ cup	½ cup
Fruits²	⅛ cup	¼ cup	¼ cup
Grains (ounce equivalents)³			
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	½ 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

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.

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Snack (Select two of the five components)			
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk¹	4 fluid ounces	4 fluid ounces	8 fluid ounces
Meat/meat alternatives			
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounces
Tofu, soy products, or alternate protein products	½ ounce	½ ounce	1 ounces
Cheese	½ ounce	½ ounce	1 ounces
Large egg	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ 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	½ ounce	½ ounce	1 ounce
Vegetables²	½ cup	½ cup	¾ cup
Fruits²	½ cup	½ cup	¾ cup
Grains (ounce equivalents)³			
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	½ 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	¾ cup	¾ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup

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