

CHILD MEAL PATTERN

Breakfast

Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk²	4 fluid ounces	6 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both³	1/4 cup	1/2 cup	1/2 cup
Grains (oz eq)^{4,5,6}			
<ul style="list-style-type: none"> • Whole grain-rich or enriched bread 	1/2 slice	1/2 slice	1 slice
<ul style="list-style-type: none"> • Whole grain-rich or enriched bread product, such as biscuit, roll or muffin 	1/2 serving	1/2 serving	1 serving
<ul style="list-style-type: none"> • Whole grain-rich, enriched or fortified cooked breakfast cereal⁷, cereal grain, and/or pasta 	1/4 cup	1/4 cup	1/2 cup
<ul style="list-style-type: none"> • Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)^{7,8} 			
* Flakes or rounds	1/2 cup	1/2 cup	1 cup
* Puffed cereal	3/4 cup	3/4 cup	1 1/4 cup

¹Must serve all three components for a reimbursable meal.

²Must 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 and older.

³Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁴At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁵Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

⁶Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁷Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

⁸Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; and ¾ cup for children 6-12.

CHILD MEAL PATTERN

Lunch and Supper

(Select all five components for a reimbursable meal)

Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk²	4 fluid ounces	6 fluid ounces	8 fluid ounces
Meat or Meat Alternates			
<ul style="list-style-type: none"> • Lean meat, poultry, or fish 	1 ounce	1 1/2 ounces	2 ounces
<ul style="list-style-type: none"> • Tofu, soy product, or alternate protein products³ 	1 ounce	1 1/2 ounces	2 ounces
<ul style="list-style-type: none"> • Cheese 	1 ounce	1 1/2 ounces	2 ounces
<ul style="list-style-type: none"> • Large egg 	1/2	3/4	1
<ul style="list-style-type: none"> • Cooked dry beans or peas 	1/4 cup	3/8 cup	1/2 cup
<ul style="list-style-type: none"> • Peanut butter or soy nut butter or other nut or seed butters 	2 tbsp	3 tbsp	4 tbsp
<ul style="list-style-type: none"> • Yogurt, plain or flavored unsweetened or sweetened⁴ 	4 ounces or 1/2 cup	6 ounces or 3/4 cup	8 ounces or 1 cup
<ul style="list-style-type: none"> • The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat or meat alternates (1 ounce of nuts or seeds = 1 ounce of cooked lean meat, poultry or fish) 	1/2 ounce = 50%	3/4 ounce = 50%	1 ounce = 50%
Vegetables⁵	1/8 cup	1/4 cup	1/2 cup
Fruits^{5,6}	1/8 cup	1/4 cup	1/4 cup
Grains (oz eq)^{7,8}			
<ul style="list-style-type: none"> • Whole grain-rich or enriched bread 	1/2 slice	1/2 slice	1 slice
<ul style="list-style-type: none"> • Whole grain-rich or enriched bread product, such as biscuit, roll or muffin 	1/2 serving	1/2 serving	1 serving
<ul style="list-style-type: none"> • Whole grain-rich, enriched or fortified cooked breakfast cereal⁹, cereal grain, and/or pasta 	1/4 cup	1/4 cup	1/2 cup

(OVER)

¹ Must serve all five components for a reimbursable meal.

² 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 and older.

³ Alternate protein products must meet the requirements in Appendix A to Part 226 in the Federal Register.

⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁶ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁷ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

⁸ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

⁹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

CHILD MEAL PATTERN

Snack

(Select two of the five components for a reimbursable snack)

Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk²	4 fluid ounces	4 fluid ounces	8 fluid ounces
Meat or Meat Alternates			
<ul style="list-style-type: none"> • Lean meat, poultry, or fish 	1/2 ounce	1/2 ounce	1 ounce
<ul style="list-style-type: none"> • Tofu, soy products, or alternate protein products⁴ 	1/2 ounce	1/2 ounce	1 ounce
<ul style="list-style-type: none"> • Cheese 	1/2 ounce	1/2 ounce	1 ounce
<ul style="list-style-type: none"> • Large egg 	1/2	1/2	1/2
<ul style="list-style-type: none"> • Cooked dry beans or peas 	1/8 cup	1/8 cup	1/4 cup
<ul style="list-style-type: none"> • Peanut butter or soy nut butter or other nut or seed butters 	1 tbsp	1 tbsp	2 tbsp
<ul style="list-style-type: none"> • Yogurt, plain or flavored unsweetened or sweetened⁵ 	2 ounces or 1/4 cup	2 ounces or 1/4 cup	4 ounces or 1/2 cup
<ul style="list-style-type: none"> • Peanuts, soy nuts, tree nuts, or seeds 	1/2 ounce	1/2 ounce	1 ounce
Vegetables³	1/2 cup	1/2 cup	3/4 cup
Fruits³	1/2 cup	1/2 cup	3/4 cup
Grains (oz eq)^{6,7}			
<ul style="list-style-type: none"> • Whole grain-rich or enriched bread 	1/2 slice	1/2 slice	1 slice
<ul style="list-style-type: none"> • Whole grain-rich or enriched bread product, such as biscuit, roll or muffin 	1/2 serving	1/2 serving	1 serving
<ul style="list-style-type: none"> • Whole grain-rich, enriched or fortified cooked breakfast cereal⁸, cereal grain, and/or pasta 	1/4 cup	1/4 cup	1/2 cup
<ul style="list-style-type: none"> • Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)^{8,9} 			
<ul style="list-style-type: none"> * Flakes or rounds 	1/2 cup	1/2 cup	1 cup
<ul style="list-style-type: none"> * Puffed cereal 	3/4 cup	3/4 cup	1 1/4 cup

(OVER)

¹Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

²Must 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 and older.

³Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁴Alternate protein products must meet the requirements in Appendix A to Part 226 in the Federal Register.

⁵Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁷Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁸Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

⁹Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is $\frac{1}{4}$ cup for children ages 1-2; $\frac{1}{3}$ cup for children ages 3-5; and $\frac{3}{4}$ cup for children 6-12.