

MEAL PATTERN

	<u>Component</u>	<u>Age 1-2</u>	<u>Ages 3-5</u>	<u>Ages 6-12</u>
Breakfast	<ol style="list-style-type: none"> 1. Milk, fluid 2. Vegetable, fruit, or full-strength juice 3. bread and bread alternates (whole grain or enriched): <u>Bread</u> <u>or</u> cornbread, rolls, muffins, or biscuits <u>or</u> cold dry cereal (volume or weight, whichever is less) <u>or</u> cooked cereal, pasta, noodle biscuits 	$\frac{1}{2}$ cup $\frac{1}{4}$ cup $\frac{1}{2}$ slice $\frac{1}{2}$ serving $\frac{1}{3}$ cup or $\frac{1}{2}$ oz $\frac{1}{4}$ cup	$\frac{3}{4}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ slice $\frac{1}{2}$ serving $\frac{1}{3}$ cup or $\frac{1}{2}$ oz $\frac{1}{4}$ cup	1 cup $\frac{1}{2}$ cup 1 slice 1 serving $\frac{3}{4}$ cup or 1 oz $\frac{1}{2}$ cup
Lunch or Supper	<ol style="list-style-type: none"> 1. Milk, fluid 2. Vegetable and/or fruit (2 or more kinds) 3. Bread and Bread Alternates (whole grain or enriched): <u>Bread</u> <u>or</u> cornbread, rolls, muffins or biscuits <u>or</u> cooked cereal, pasta, noodle products <u>or</u> cereal grains 4. Meat or meat alternates: Lean meat, fish or poultry, (edible portion as served) <u>or</u> cheese <u>or</u> egg <u>or</u> cooked dry beans or peas* <u>or</u> peanut butter, soy nut butter or other nut or seed butters <u>or</u> peanuts, soy nuts or seeds <u>or</u> an equivalent quantity of any combination of the above meat/meat alternates 	$\frac{1}{2}$ cup $\frac{1}{4}$ cup total $\frac{1}{2}$ slice $\frac{1}{2}$ serving $\frac{1}{4}$ cup 1 oz 1 oz 1 egg $\frac{1}{4}$ cup 1 Tbsp** $\frac{1}{2}$ oz**	$\frac{3}{4}$ cup $\frac{1}{2}$ cup total $\frac{1}{2}$ slice $\frac{1}{2}$ serving $\frac{1}{4}$ cup 1-1/2 oz 1-1/2 oz 1 egg $\frac{3}{8}$ cup 1-1/2 Tbsps** $\frac{3}{4}$ oz**	1 cup $\frac{3}{4}$ cup total 1 slice 1 serving $\frac{1}{2}$ cup 2 oz 2 oz 1 egg $\frac{1}{2}$ cup 2 Tbsps** 1 oz**
Snack Select 2 of the 4 components Avoid serving milk and juice for the same snack	<ol style="list-style-type: none"> 1. Milk, fluid 2. Vegetable, fruit, or full-strength juice 3. Bread and bread alternates (whole grain or enriched): <u>Bread</u> <u>or</u> cornbread, rolls, muffins or biscuits <u>or</u> cold dry cereal (volume or weight, whichever is less) <u>or</u> cooked cereal, pasta, noodle products <u>or</u> cereal grains 4. Meat or meat alternates: Lean meat, fish or poultry (edible portion as served) <u>or</u> cheese <u>or</u> egg or yogurt <u>or</u> cooked dry beans or peas* <u>or</u> peanut butter, soy nut butter or other nut or seed butters <u>or</u> peanuts, soy nuts or seeds <u>or</u> an equivalent quantity of any combination of the above meat/meat alternates <p>* Dried beans and peas can count as meat alternate or vegetable, but not BOTH</p> <p>** Counts as only 50% of requirement. Need to add another meat/meat alternate</p>	$\frac{1}{2}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ slice $\frac{1}{2}$ serving $\frac{1}{3}$ cup <u>or</u> $\frac{1}{2}$ oz $\frac{1}{4}$ cup $\frac{1}{2}$ oz $\frac{1}{2}$ oz $\frac{1}{2}$ egg or $\frac{1}{4}$ cup $\frac{1}{8}$ cup 1 Tbsp $\frac{1}{2}$ oz	$\frac{1}{2}$ cup $\frac{1}{2}$ cup $\frac{1}{2}$ slice $\frac{1}{2}$ serving $\frac{1}{3}$ cup <u>or</u> $\frac{1}{2}$ oz $\frac{1}{4}$ cup $\frac{1}{2}$ oz $\frac{1}{2}$ oz $\frac{1}{2}$ egg or $\frac{1}{4}$ cup $\frac{1}{8}$ cup 1 Tbsp $\frac{1}{2}$ oz	1 cup $\frac{3}{4}$ cup 1 slice 1 serving $\frac{3}{4}$ cup <u>or</u> 1 oz $\frac{1}{2}$ cup 1 oz 1 oz 1 egg or $\frac{1}{2}$ cup $\frac{1}{4}$ cup 2 Tbsps 1 oz

BREAKFAST

Component	Age 1 – 2	Ages 3 – 5	Ages 6 – 12
1. Milk, fluid	½ cup	¾ cup	1 cup
2. Vegetable, fruit, or full-strength juice	¼ cup	½ cup	½ cup
3. Breads (whole grain or enriched):	½ slice	½ slice	1 slice
<u>or</u> rolls, muffins, or biscuits	½ serving	½ serving	1 serving
<u>or</u> cold dry cereal	1/3 cup	1/3 cup	¾ cup
<u>or</u> cooked cereal, pastas	¼ cup	¼ cup	½ cup

LUNCH OR SUPPER

1. Milk, fluid	½ cup	¾ cup	1 cup
2. Vegetable and/or fruit, (2 or more kinds)	¼ cup total	½ cup total	¾ cup total
3. Breads (whole grain or enriched):	½ slice	½ slice	1 slice
<u>or</u> rolls, muffins, or biscuits	½ serving	½ serving	1 serving
<u>or</u> cooked cereal, pastas	¼ cup	¼ cup	½ cup
4. Lean Meat, fish or poultry (edible), cheese	1 oz	1 – ½ oz	2 oz
<u>or</u> egg	1 egg	1 egg	1 egg
<u>or</u> cooked dry beans or peas	¼ cup	3/8 cup	½ cup
<u>or</u> peanut butter, soy nut butter or other nut or seed butters	1 Tbsp **	1 – ½ Tbsp **	2 Tbsps **

SNACK

1. Milk, fluid	½ cup	½ cup	1 cup
2. Vegetable, fruit, or full-strength juice	½ cup	½ cup	¾ cup
3. Breads (whole grain or enriched):	½ slice	½ slice	1 slice
<u>or</u> rolls, muffins, or biscuits	½ serving	½ serving	1 serving
<u>or</u> cold dry cereal	1/3 cup	1/3 cup	¾ cup
<u>or</u> cooked cereal, pastas, or cereal grains	¼ cup	¼ cup	½ cup
4. Lean Meat, fish or poultry (edible), cheese, nuts/seeds	½ oz	½ oz	1 oz
<u>or</u> egg or yogurt	½ egg or ¼ cup	½ egg or ¼ cup	1 egg or ½ cup
<u>or</u> cooked dry beans or peas	1/8 cup	1/8 cup	¼ cup
<u>or</u> peanut butter, seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.