

# Meal Pattern Chart for Children



## Breakfast

### All three components required

	Servings	Ages 1-2	Ages 3-5	Ages 6-12
Milk	1	1/2 cup	3/4 cup	1 cup
Vegetable/Fruit/100% Juice	1	1/4 cup	1/2 cup	1/2 cup
Grains/Meat/Meat Alternate* or a Combination	1			
Whole-Grain Rich or Enriched Bread		1/2 oz eq	1/2 oz eq	1 oz eq
Whole-Grain Rich, Enriched or Fortified Cooked Breakfast Cereal or Cereal Grain or Pasta		1/4 cup	1/3 cup	3/4 cup
Whole-Grain Rich, Enriched or Fortified Cold Cereal		1/4 cup	1/4 cup	1/2 cup
Lean Meat, Fish, Poultry, Whole Eggs, Cooked		1 oz.	1 1/2 oz.	2 oz.
Dry Beans or Peas*				
Cheese, Tofu, Soy Product or Alternate Protein Product*		1 oz.	1 oz.	1 oz.

\*Meat/Meat Alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

## Snack

### Two of five components required

	Servings	Ages 1-2	Ages 3-5	Ages 6-12
Milk	1	1/2 cup	1/2 cup	1 cup
Vegetable or 100% Juice	1	1/2 cup	1/2 cup	3/4 cup
Fruit or 100% Juice	1	1/2 cup	1/2 cup	3/4 cup
Grains	1			
Whole-Grain Rich or Enriched Bread		1/2 oz eq	1/2 oz eq	1 oz eq
Whole-Grain Rich, Enriched or Fortified Cooked Breakfast Cereal or Cereal Grain		1/4 cup	1/3 cup	3/4 cup
Whole-Grain Rich, Enriched or Fortified Cold Cereal		1/4 cup	1/4 cup	1/2 cup
Pasta		1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternate	1			
Lean Meat, Fish, Poultry		1/2 oz.	1/2 oz.	1 oz.
Cheese		1/2 oz.	1/2 oz.	1 oz.
Egg		1/2 egg	1/2 egg	1/2 egg
Cooked Dry Beans/Peas		1/8 cup	1/8 cup	1/4 cup
Peanut Butter/Other Nut/Seed Butters		1 tbsp.	1 tbsp.	2 tbsp.
Nuts/Seeds		1/2 oz.	1/2 oz.	1 oz.
Yogurt		2 oz.	2 oz.	4 oz.
Tofu, Soy Product or Alternate Protein Product		1/2 oz.	1/2 oz.	1 oz.

oz eq = ounce equivalent

# Meal Pattern Chart for Children



## Lunch or Supper

### All five components required

	Servings	Ages 1-2	Ages 3-5	Ages 6-12
Milk	1	1/2 cup	3/4 cup	1 cup
Vegetable or 100% Juice	1	1/4 cup	1/2 cup	3/4 cup
Fruit or 100% Juice	1	1/4 cup	1/2 cup	3/4 cup
Grains	1			
Whole-Grain Rich or Enriched Bread		1/2 oz eq	1/2 oz eq	1 oz eq
Whole-Grain Rich, Enriched or Fortified Cooked Breakfast Cereal or Cereal Grain		1/4 cup	1/3 cup	3/4 cup
Whole-Grain Rich, Enriched or Fortified Cold Cereal		1/4 cup	1/4 cup	1/2 cup
Pasta		1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternate	1			
Lean Meat, Fish, Poultry		1 oz.	1 1/2 oz.	2 oz.
Cheese		1 oz.	1 1/2 oz.	2 oz.
Egg		1/2 egg	3/4 egg	1 egg
Cooked Dry Beans/Peas		1/4 cup	3/8 cup	1/2 cup
Peanut Butter/Other Nut/Seed Butters		2 tbsp.	3 tbsp.	4 tbsp.
Nuts/Seeds		1/2 oz.	3/4 oz.	1 oz.
Yogurt		4 oz.	6 oz.	8 oz.
Tofu, Soy Product or Alternate Protein Product		1 oz.	1 1/2 oz.	2 oz.

oz eq = ounce equivalent

#### Notes:

- Milk must be unflavored for children one to five years old. It must be unflavored low-fat (one percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.
- 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.
- 100% juice may only be used to meet the vegetable or fruit requirement at one meal (including snack) per day.
- At least one serving of grains per day must be whole grain-rich.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- Grain-based desserts no longer count towards the grain component.
- Only CN labeled soy products or alternate soy protein products are creditable.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- Frying is not allowed as a way of preparing foods on-site.
- Child care centers and child care homes must offer and make water available throughout the day to all children upon their request.
- Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

# Meal Pattern Chart for Infants



## Breakfast

Foods	0-5 Months	6-11 Months
Breast Milk or Formula	4-6 fl. oz.	6-8 fl. oz.
Infant Cereal, Meat, Fish, Poultry, Whole Eggs, Cooked Dry Beans or Peas*	none	0-4 tbsp.
OR Cheese*	none	0-2 oz.
OR Cottage Cheese, Yogurt or a Combination of Both*	none	0-4 fl. oz.
Vegetable, Fruit or a Combination of Both*	none	0-4 tbsp.

## Snack

Foods	0-5 Months	6-11 Months
Breast Milk or Formula	4-6 fl. oz.	2-4 fl. oz.
Vegetable, Fruit or a Combination of Both*	none	0-2 tbsp.
Bread*	none	0-1/2 slice
OR Crackers*	none	0-2 crackers
OR Infant Cereal or Ready-to-Eat Cereal*	none	0-4 tbsp.

## Lunch or Supper

Foods	0-5 Months	6-11 Months
Breast Milk or Formula	4-6 fl. oz.	6-8 fl. oz.
Infant Cereal*	none	0-4 tbsp.
Vegetable, Fruit or a Combination of Both*	none	0-2 tbsp.
Meat/Meat Alternate*	none	0-4 tbsp.
Cheese*		0-2 oz.
Whole Egg*		0-4 tbsp.
Cooked Dry Beans/Peas*		0-4 tbsp.
Cottage Cheese*		0-4 oz.
Yogurt*		0-4 oz.

\*A serving is required when infant is developmentally ready to accept it. Solid foods are gradually introduced around 6 months of age.

### Notes:

- Providers may receive reimbursement when a breast feeding mother comes to the child care center or home and directly breastfeeds her infant.
- Vegetable, fruit or a combination of both must be served at snack.
- Vegetable and fruit juices are not allowed as part of a reimbursable meal and must not be served. Cheese food and cheese spread are no longer allowed to be served.
- Yogurt must contain no more than 23 grams of sugar per 6 ounces, and ready-to-eat cereals must contain no more than 6 grams of sugar per dry ounce. A serving of grains must be whole grain-rich, enriched meal or enriched flour. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.