### **Child Care Meal Pattern**

#### **Breakfast** Select All Three Components for a Reimbursable Meal Ages 6-12<sup>1</sup> Ages 1-2 **Ages 3-5**

1 milk <sup>2</sup> fluid milk	1/2 cup	3/4 cup	1 cup
1 fruit/vegetable juice, <sup>3</sup> fruit and/or vegetable	1/4 cup	1/2 cup	1/2 cup
1 grains/bread <sup>4</sup> bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup

<sup>&</sup>lt;sup>1</sup> Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

Milk served must be low-fat (1%) or non-fat (skim) for children ages 2 years and older and adults.

Fruit or vegetable juice must be full-strength.

**Food Components** 

<sup>&</sup>lt;sup>4</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

### **Child Care Meal Pattern**

## **Lunch or Supper**

Select All Four Components for a Reimbursable Mear				
Food Components	Ages 1-2	Ages 3-5	Ages 6-12 <sup>1</sup>	
1 milk <sup>2</sup>				
fluid milk	1/2 cup	3/4 cup	1 cup	
2 fruits/vegetables				
juice, <sup>3</sup> fruit and/or vegetable	1/4 cup	1/2 cup	3/4 cup	
1 grains/bread <sup>4</sup>				
bread or	1/2 slice	1/2 slice	1 slice	
cornbread or biscuit or roll or muffin or	1/2 serving	1/2 serving	1 serving	
cold dry cereal or	1/4 cup	1/3 cup	3/4 cup	
hot cooked cereal or	1/4 cup	1/4 cup	1/2 cup	
pasta or noodles or grains	1/4 cup	1/4 cup	1/2 cup	
1 meat/meat alternate				
meat or poultry or fish <sup>5</sup> or	1 oz.	1½0Z.	2 oz.	
alternate protein product or	1 oz.	1½ oz.	2 oz.	
cheese or	1 oz.	1½ oz.	2 oz.	
egg or	1/2	3/4	1	
cooked dry beans or peas or	1/4 cup	3/8 cup	1/2 cup	
peanut or other nut or seed butters or	2 Tbsp.	3 Tbsp.	4 Tbsp.	
nuts and/or seeds <sup>6</sup> or	1/2 oz.	3/4 oz.	1 oz.	
yogurt <sup>7</sup>	4 oz.	6 oz.	8 oz.	

<sup>&</sup>lt;sup>1</sup> Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

<sup>&</sup>lt;sup>2</sup> Milk served must be low-fat (1%) or non-fat (skim) for children ages 2 years and older and adults.

<sup>&</sup>lt;sup>3</sup> Fruit or vegetable juice must be full-strength.

<sup>&</sup>lt;sup>4</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

<sup>5</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>&</sup>lt;sup>6</sup> Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement.

7 Yogurt may be plain or flavored, unsweetened or sweetened.

### **Child Care Meal Pattern**

# Snack Select Two of the Four Components for a Reimbursable Snack

Ages 6-12<sup>1</sup> Food Components Ages 1-2 Ages 3-5 1 milk<sup>2</sup> fluid milk 1/2 cup 1/2 cup 1 cup 1 fruit/vegetable juice,3 fruit and/or vegetable 3/4 cup 1/2 cup 1/2 cup 1 grains/bread<sup>4</sup> bread or 1/2 slice 1/2 slice 1 slice cornbread or biscuit or roll or muffin or 1/2 serving 1/2 serving 1 serving cold dry cereal or 3/4 cup 1/4 cup 1/3 cup hot cooked cereal or 1/4 cup 1/4 cup 1/2 cup pasta or noodles or grains 1/4 cup 1/4 cup 1/2 cup 1 meat/meat alternate meat or poultry or fish<sup>5</sup> or 1/2 oz. 1/2 oz. 1 oz. alternate protein product or 1/2 oz.1/2 oz. 1 oz. cheese or 1/2 oz. 1/2 oz. 1 oz. egg<sup>6</sup> or 1/2 1/2 1/2

2 oz.

1/8 cup

1 Tbsp.

1/2 oz.

1/8 cup

1 Tbsp.

1/2 oz.

2 oz.

1/4 cup

2 Tbsp.

1 oz.

4 oz.

peanut or other nut or seed butters or

cooked dry beans or peas or

nuts and/or seeds or

yogurt<sup>/</sup>

<sup>&</sup>lt;sup>1</sup> Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

<sup>&</sup>lt;sup>2</sup> Milk served must be low-fat (1%) or non-fat (skim) for children ages 2 years and older and adults.

<sup>&</sup>lt;sup>3</sup> Fruit or vegetable juice must be full-strength.

<sup>&</sup>lt;sup>4</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

<sup>&</sup>lt;sup>5</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>6</sup> One-half egg meets the required minimum amount (one ounce or less) of meat alternate.

Yogurt may be plain or flavored, unsweetened or sweetened.