

**Child Meal Pattern  
Snack**

**Select Two of the Four Food Components for Snack**

<i>Food Components</i>	<i>Ages 1-2</i>	<i>Ages 3-5</i>	<i>Ages 6-12<sup>1</sup></i>
<b>1 milk</b> fluid milk	1/2 cup whole	1/2 cup 1% or skim	1 cup 1% or non-fat
<b>1 fruit/vegetable</b> juice, <sup>2</sup> fruit and/or vegetable	1/2 cup	1/2 cup	3/4 cup
<b>1 grains/bread<sup>3</sup></b> bread or cornbread or biscuit or roll or muffin or	1/2 slice 1/2 serving	1/2 slice 1/2 serving	1 slice 1 serving
cold dry cereal or hot cooked cereal or	1/4 cup 1/4 cup	1/3 cup 1/4 cup	3/4 cup 1/2 cup
pasta or noodles or grains	1/4 cup	1/4 cup	1/2 cup
<b>1 meat/meat</b> <b>alternate</b> meat or poultry or fish <sup>4</sup> or alternate protein product or cheese or Egg <sup>5</sup> or cooked dry beans or peas or peanut or other nut or seed butters or nuts and/or seeds or yogurt <sup>6</sup>	1/2 ounce 1/2 ounce 1/2 ounce 1/2 egg 1/8 cup 1 Tbsp. 1/2 ounce 2 ounces	1/2 ounce 1/2 ounce 1/2 ounce 1/2 egg 1/8 cup 1 Tbsp. 1/2 ounce 2 ounces	1 ounce 1 ounce 1 ounce 1/2 egg 1/4 cup 2 Tbsp. 1 ounce 4 ounces

1 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.

2 Fruit or vegetable juice must be full-strength and may only be served once per day. Juice cannot be served when milk is the only other snack component.

3 Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

4 A serving consists of the edible portion of cooked lean meat or poultry or fish.

5 One-half egg meets the required minimum amount (one ounce or less) of meat alternate.

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

**Child Meal Pattern  
Lunch or Dinner**

**Select One from Each Food Components Category for Meal**

<i>Food Components</i>	<i>Ages 1-2</i>	<i>Ages 3-5</i>	<i>Ages 6-12<sup>1</sup></i>
<b>1 milk</b>	1/2 cup	3/4 cup 1% or skim	1 cup
fluid milk	whole		1% or non-fat
<b>2 fruits/vegetables</b>	1/4 cup	1/2 cup	3/4 cup
juice, <sup>2</sup> fruit and/or vegetable			
<b>1 grains/bread<sup>3</sup></b>	1/2 slice	1/2 slice	1 slice
bread or			
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
<b>1 meat/meat alternate</b> meat or	1 ounce	1 1/2 ounces	2 ounces
poultry or fish <sup>4</sup> or alternate	1 ounce	1 1/2 ounces	2 ounces
protein product or cheese or	1 ounce 1/2	1 1/2 ounces 3/4	2 ounces
egg or	egg 1/4 cup	egg	1 egg 1/2 cup
cooked dry beans or peas or	2 Tbsp. 1/2	3/8 cup	4 Tbsp.
peanut or other nut or seed	ounce 4	3 Tbsp. 3/4 ounce 6	1 ounce
butters or nuts and/or seeds <sup>5</sup> or	ounces	ounces	8 ounces
yogurt <sup>6</sup>			

1 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.

2 Fruit or vegetable juice must be full-strength and may only be served once per day.

3 Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

4 A serving consists of the edible portion of cooked lean meat or poultry or fish.

5 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.

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