



Child Meal Pattern

Breakfast

Serve all three components for a reimbursable meal.

	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 ^{1,2}
Milk³	4 fluid oz	6 fluid oz	8 fluid oz
Vegetables, fruits or portions of both⁴	1/4 cup	1/2 cup	1/2 cup
Grains^{5,6,11}			
• Whole grain-rich or enriched bread	1/2 oz eq	1/2 oz eq	1 oz eq
• Whole grain-rich or enriched bread product, such as a biscuit, roll or muffin	1/2 oz eq	1/2 oz eq	1 oz eq
• Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, rice and/or pasta	1/4 cup	1/4 cup	1/2 cup
• Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ⁷ :			
• Flakes or rounds	1/2 cup	1/2 cup	1 cup
• Puffed cereal	3/4 cup	3/4 cup	1 1/4 cup
• Granola	1/8 cup	1/8 cup	1/4 cup

Lunch and Supper

Serve all five components for a reimbursable meal.

	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 ^{1,2}
Milk³	4 fluid oz	6 fluid oz	8 fluid oz
Meat/meat alternate			
• Lean meat, poultry or fish	1 oz	1 1/2 oz	2 oz
• Tofu, soy product or alternate protein product	1/4 cup	3/8 cup	1/2 cup
• Cheese	1 oz	1 1/2 oz	2 oz
• Cottage cheese	2 oz or 1/4 cup	3 oz or 3/8 cup	4 oz or 1/2 cup
• Large egg	1/2	3/4	1
• Cooked dry beans, peas and lentils	1/4 cup	3/8 cup	1/2 cup
• Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp
• Yogurt, regular or soy, plain or flavored, sweetened or unsweetened ⁸	4 oz or 1/2 cup	6 oz or 3/4 cup	8 oz or 1 cup
• Peanuts, soy nuts, tree nuts or seeds	1 oz	1.5 oz	2 oz
Vegetables or 100% vegetable juice⁴	1/8 cup	1/4 cup	1/2 cup
Fruits or 100% fruit juice^{4,9}	1/8 cup	1/4 cup	1/4 cup
Grains^{5,11}			
• Whole grain-rich or enriched bread	1/2 oz eq	1/2 oz eq	1 oz eq
• Whole grain-rich or enriched bread product, such as a biscuit, roll or muffin	1/2 oz eq	1/2 oz eq	1 oz eq
• Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, rice and/or pasta	1/4 cup	1/4 cup	1/2 cup

Snack

Serve two of the five components for a reimbursable snack.¹⁰

	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 ²
Milk³	4 fluid oz	4 fluid oz	8 fluid oz
Meat/meat alternate			
• Lean meat, poultry or fish	1/2 oz	1/2 oz	1 oz
• Tofu, soy product or alternate protein product	1/2 oz	1/2 oz	1 oz
• Cheese	1/2 oz	1/2 oz	1 oz
• Cottage cheese	1 oz or 1/8 cup	1 oz or 1/8 cup	2 oz or 1/4 cup
• Large egg	1/2	1/2	1/2
• Cooked dry beans, peas and lentils	1/8 cup	1/8 cup	1/4 cup
• Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp
• Yogurt, regular or soy, plain or flavored, sweetened or unsweetened ⁸	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup
• Peanuts, soy nuts, tree nuts or seeds	1/2 oz	1/2 oz	1 oz
Vegetables or 100% vegetable juice⁴	1/2 cup	1/2 cup	3/4 cup
Fruits or 100% fruit juice⁴	1/2 cup	1/2 cup	3/4 cup
Grains^{5,11}			
• Whole grain-rich or enriched bread	1/2 oz eq	1/2 oz eq	1 oz eq
• Whole grain-rich or enriched bread product, such as a biscuit, roll or muffin	1/2 oz eq	1/2 oz eq	1 oz eq
• Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, rice and/or pasta	1/4 cup	1/4 cup	1/2 cup
• Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ⁷ :			
• Flakes or rounds	1/2 cup	1/2 cup	1 cup
• Puffed cereal	3/4 cup	3/4 cup	1 1/4 cup
• Granola	1/8 cup	1/8 cup	1/4 cup

Notes

¹Offer versus serve is an option for at-risk afterschool meal program participants only. Offer versus serve is not available at snack.

²Participants 13 to 18 years of age may only be served by at-risk afterschool meal programs and emergency shelters.

³Must be unflavored whole milk for children age one; unflavored low-fat (1%) or unflavored fat-free (skim) milk for children two through five years; unflavored low-fat (1%) or flavored low fat (1%), unflavored fat-free (skim) or flavored fat-free (skim) milk for children six years and older. Breastmilk is an allowable substitute for milk for children of any age.

⁴Juice may only be served at one meal or snack per day.

⁵At least one serving per day across all meals and/or snacks must be whole grain-rich.

⁶Meat and meat alternates may be used to meet the entire grains component at breakfast a maximum of three times per week. One ounce of meat/meat alternate is equal to one ounce equivalent of grains.

⁷Breakfast cereal must contain no more than six grams of added sugars per dry ounce.

⁸Yogurt must contain no more than 12 grams of added sugars per six ounces (two grams of added sugars per ounce).

⁹A second different vegetable may be served to meet the entire fruit component.

¹⁰Only one of the two meal components for snack may be a beverage.

¹¹Sponsors and sites serving primarily American Indian or Alaska Native participants can substitute any vegetable to meet the grain requirement. A vegetable can be used to meet the daily whole grain-rich requirement as long as the minimum serving size is met. In order to meet one ounce equivalent of grains, sponsors must serve one-half cup of vegetables or one cup of leafy greens. Another vegetable must be served to meet the vegetable requirement if using this flexibility.

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