## **Meal Pattern for Children**

At-Risk & Special Needs ONLY

BREAKFAST <sup>1</sup> (Serve all 3 components)         Ages 1-2         Ages 3-5         Ages 6-12         Ages 13-18'           Bread (WG/E)         1/2 serving reary         1 serving reary           Bread product, such as biscut, roll, or muffin (WG/E)         1/2 serving reary         1 serving reary         1 serving reary         1 serving reary           Ready-to-cet         Falskes or rounds         1/2 cup         1 cup         1 cup         1 /2 cup           Vegetables, furits or portions of both*         1 /4 cup           Fluid Milk*         4 floz         6 floz         8 floz         8 floz         8 floz           Vegetables, furits or portions of both*         1 /2 cup         1 /2 cup         1 /2 cup         1 /2 cup           Fluid Milk*         4 floz         6 floz         8 floz         8 floz         2 ounces           Lean meat, poultry, or flsh         Tolu catemate protein product (APP)''         1 ounce         1 //2 cup         1 //2 cup         1 //2 cup           Vegetables*         1 ounce         1 //2 cup         3 //2 cup         1 //2 cup         1 //2 cup         1 //2 cup           Veg							ONLY
Braad product, such as biscuit, roll, or muffin (WG/E)         1/2 serving µ2 areal         1 serving µ2 areal         1 serving µ2 areal           Cocked breakfast cereal <sup>1</sup> , (WG/E/F)         1/4 cup         1/2 cup         1/2 cup         1/2 cup         1/2 cup           Bready-to-eat breakfast cereal (dry, cold) <sup>1/6</sup> (WG/E/F)         Flakes or rounds         1/2 cup         1 cup         1/4 cup         1/4 cup         1/4 cup           Vegetables, fruits or portions of both*         1/4 cup         1/4 cup         1/4 cup         1/4 cup         1/4 cup           Fluid Milk*         4 flo z         6 fl oz         8 fl oz         8 fl oz           Strong persons         1/4 cup         1/2 cup         1/2 cup         1/2 cup           Vegetables, fruits or portions of both*         1/4 cup         1/2 cup         1/2 cup         1/2 cup           Vegetables         four alternate protein product (APP)*         1 ounce         1 1/2 ounces         2 ounces         2 ounces           Cooked dry beans or peas         1/4 cup         3/8 cup         1/1/2 cup         1/2 cup         1/2 cup           Yogurt*         4 oz or 1/2 c         6 oz or 3/4 c         8 oz or 1 c         8 oz or 1 c         8 oz or 1 c           Nuts/seeds         1 ounce         1 1/2 ounces         1 serving persel	В	REAKFAST <sup>1</sup> (	Serve all 3 components.)	Ages 1-2	Ages 3-5	Ages 6-12	<b>Ages 13-18</b> <sup>2</sup>
Box         Correl grain, and/or pasta         Flakes or rounds         1/2 cup         1 cup         1 cup           Vegetables, fruits or portions of both <sup>4</sup> 1/2 cup         1 1/4 cup         11/4 cup         11/4 cup         11/4 cup         11/4 cup         11/2 cup         11/2 cup         11/4 cup           Vegetables, fruits or portions of both <sup>4</sup> 1/4 cup         11/4 cup         11/2 cu				1/2 slice (1/2 oz eq)		1 slice (oz eq)	1 slice (oz eq)
Box         Correl grain, and/or pasta         Flakes or rounds         1/2 cup         1 cup         1 cup           Vegetables, fruits or portions of both <sup>4</sup> 1/2 cup         1 1/4 cup         11/4 cup         11/4 cup         11/4 cup         11/4 cup         11/2 cup         11/2 cup         11/4 cup           Vegetables, fruits or portions of both <sup>4</sup> 1/4 cup         11/4 cup         11/2 cu		Bread product, such as biscuit, roll, or muffin (WG/E)		1/2 serving (1/2 oz eq)		1 serving (oz eq)	1 serving (oz eq)
Bready-to-eat breakfast cereal (dry, cold) <sup>55</sup> (WG/E/F)         Flakes or rounds Puffed cereal Granola         1/2 cup         1 cup         1 cup         1 cup           Vegetables, fruits or portions of both <sup>4</sup> Fluid Milk <sup>3</sup> ranola         2 tablespoons         11/4 cup         11/4 cup         11/4 cup           Fluid Milk <sup>3</sup> ranola         2 tablespoons         1/2 cup         1/2 cup         1/2 cup           Fluid Milk <sup>3</sup> ranola         2 tablespoons         Ages 3-5         Ages 6-12         Ages 13-18 <sup>3</sup> Vegetables, fruits or portions of both <sup>4</sup> 1 duc         6 flooz         8 flooz         8 flooz           Cheese         1/2 cup         1/2 cup         1/2 cup         1/2 cup         1/2 cup           Vulseed (or soy nut) Butter         2 tbsp         3 tbsp         4 tbsp         4 bsp         4 bsp           Vulseeds         1 ounce         1 1/2 cup         1/2 cup         1/2 cup         2 ounces           Bread (WG/E)         11/2 slice (uz ace)         1 slice (uz ec)         1 slice (uz ec)         1 slice (uz ec)         1 slice (uz ec)           Vulseeds         1 ounce         1 1/2 cup         1/2 cup         1 serving (ace)         1 serving (ace)           Vulseeds         1 ounce         1 slice (uz ec)         <	oz ec			1/4 cup		1/2 cup	1/2 cup
Vegetables, fruits or portions of both*         1/4 cup         1/2 cup         1/2 cup         1/2 cup           Fluid Milk*         4 fl oz         6 fl oz         8 fl oz         8 fl oz           Learn meat, poultry, or fish         Ages 1-2         Ages 3-5         Ages 6-12         Ages 13-18 <sup>2</sup> Cheese         1/2 cup         1/2 cup         1/2 cup         1/2 cup         1/2 cup           Large egg         1/2         3/4         1         1         1         1/2 cup           Yourt*         4 oz or 1/2 c         6 oz or 3/4 c         8 oz or 1 c         8 oz or 1 c         8 oz or 1 c           Nut/seed (or soy nut) Butter         2 tbsp         1/2 cup         1/2 cup         1/2 cup         1/2 cup           Bread (WG/E)         1 subsect, role (na areg)         1 slice (areg)         1 slice (areg)         1 slice (areg)         1 slice (areg)           Bread (WG/E)         1/2 slice (na areg)         1/4 cup         1/2 cup         1/2 cup           Fruits* <sup>13</sup> (or 2nd vegetable serving)         2 tbsp         1/4 cup         1/4 cup         1/4 cup           Fluid Milk*         4 fl oz         6 fl oz         8 fl oz         8 fl oz           Bread (WG/E)         1/2 cup         1/2 cup         1/2 cup         <		breakfast cereal	Flakes or rounds	1/2 cup		1 cup	1 cup
Vegetables, fruits or portions of both*         1/4 cup         1/2 cup         1/2 cup         1/2 cup           Fluid Milk*         4 fl oz         6 fl oz         8 fl oz         8 fl oz           Learn meat, poultry, or fish         Ages 1-2         Ages 3-5         Ages 6-12         Ages 13-18 <sup>2</sup> Cheese         1/2 cup         1/2 cup         1/2 cup         1/2 cup         1/2 cup           Large egg         1/2         3/4         1         1         1         1/2 cup           Yourt*         4 oz or 1/2 c         6 oz or 3/4 c         8 oz or 1 c         8 oz or 1 c         8 oz or 1 c           Nut/seed (or soy nut) Butter         2 tbsp         1/2 cup         1/2 cup         1/2 cup         1/2 cup           Bread (WG/E)         1 subsect, role (na areg)         1 slice (areg)         1 slice (areg)         1 slice (areg)         1 slice (areg)           Bread (WG/E)         1/2 slice (na areg)         1/4 cup         1/2 cup         1/2 cup           Fruits* <sup>13</sup> (or 2nd vegetable serving)         2 tbsp         1/4 cup         1/4 cup         1/4 cup           Fluid Milk*         4 fl oz         6 fl oz         8 fl oz         8 fl oz           Bread (WG/E)         1/2 cup         1/2 cup         1/2 cup         <			Puffed cereal	3/4 cup		1 1/4 cup	1 1/4 cup
Fluid Milk <sup>3</sup> 4 fl oz         6 fl oz         8 fl oz         8 fl oz           LUNCH/DINNER <sup>10</sup> (Serve all 5 components)         Ages 1-2         Ages 3-5         Ages 6-12         Ages 13-18 <sup>2</sup> Lean meat, poultry, or fish Cheese         1 ounce         1 1/2 ounces         2 ounces         2 ounces         2 ounces           Lean meat, poultry, or fish Cheese         1/2         3/4         1         1           Cooked dry beans or peas         1/4 cup         3/8 cup         1/2 cup         1/2 cup           Nut/seed (or soy nut) Butter         2 tbsp         3 tbsp         4 tbsp         4 tbsp           Yogurt <sup>12</sup> 4 oz or 1/2 c         6 oz or 3/4 c         8 oz or 1 c         8 zo r 1 c           Nut/seeds         1 ounce         1 1/2 cunces         2 ounces         2 ounces           Eread product, such as biscuit, roll, or muffin (WG/E)         1/2 slice triz cegi         1 slice (az egi)         1 slice (az egi)           Fruits <sup>4,1,3</sup> (or 2nd vegetable serving)         2 tbsp         1/4 cup         1/2 cup         1/2 cup           Fruits <sup>4,1,3</sup> (or 2nd vegetable serving)         2 tbsp         1/4 cup         1/4 cup         1/4 cup           Fruits <sup>4,1,3</sup> (or 2nd vegetable serving)         2 tbsp         1/4 cup         1/4 cup			Granola	2 tablespoons		1/4 cup	1/4 cup
LUNCH/DINNER <sup>10</sup> Conversion         Ages 1-2         Ages 3-5         Ages 6-12         Ages 13-18 <sup>2</sup> Lean meat, poultry, or fish Tofu or alternate protein product (APP) <sup>11</sup> 1 ounce         1 1/2 ounces         2 ounces         1 1/2 oup         11/2 oup         <	Ve	getables, fruits or port	1/4 cup	1/2 cup	1/2 cup	1/2 cup	
Lean meat, poultry, or fish Tot or alternate protein product (APP) <sup>11</sup> Tot or alternate protein product (APP) <sup>11</sup> 1 ounce         1 1/2 ounces         2 ounces         2 ounces                Tot or alternate protein product (APP) <sup>11</sup> 1 ounce         1 1/2 ounces         2 ounces         2 ounces                Large egg          1/4 cup         3/8 cup         1/2 cup         1/2 cup                Nut/seed (or soy nut) Butter          2 tbsp         3 tbsp         4 tbsp         4 bsp                Vegurt <sup>12</sup> 4 oz or 1/2 c         6 oz or 3/4 c         8 oz or 1 c         8 oz or 1 c                Nut/seed (or soy nut) Butter          1 ounce         11/2 cup         1/2 cup         1/2 cup                Bread product, such as biscuit, roll, or muffin (WG/E)         1/2 serving (n2 areg)         1 serving (areg)         1 serving (areg)                Cocked breakfast cereal <sup>8</sup> , (WG/E/F)             cereal grain, and/or pasta         2 tbsp         1/4 cup         1/4 cup         1/4 cup                Fuits 4. <sup>13</sup> (or 2nd vegetable serving)             2 tbsp             1/4 cup             1/4 cup             1/4 cup         1/4 cup                Tof or alternate protein product (APP) <sup>11</sup> Tof or alternate protein product (APP)	Fluid Milk <sup>3</sup>			4 fl oz	6 fl oz	8 fl oz	8 fl oz
Lean meat, poultry, or fish Tot or alternate protein product (APP) <sup>11</sup> Tot or alternate protein product (APP) <sup>11</sup> 1 ounce         1 1/2 ounces         2 ounces         2 ounces                Tot or alternate protein product (APP) <sup>11</sup> 1 ounce         1 1/2 ounces         2 ounces         2 ounces                Large egg          1/4 cup         3/8 cup         1/2 cup         1/2 cup                Nut/seed (or soy nut) Butter          2 tbsp         3 tbsp         4 tbsp         4 bsp                Vegurt <sup>12</sup> 4 oz or 1/2 c         6 oz or 3/4 c         8 oz or 1 c         8 oz or 1 c                Nut/seed (or soy nut) Butter          1 ounce         11/2 cup         1/2 cup         1/2 cup                Bread product, such as biscuit, roll, or muffin (WG/E)         1/2 serving (n2 areg)         1 serving (areg)         1 serving (areg)                Cocked breakfast cereal <sup>8</sup> , (WG/E/F)             cereal grain, and/or pasta         2 tbsp         1/4 cup         1/4 cup         1/4 cup                Fuits 4. <sup>13</sup> (or 2nd vegetable serving)             2 tbsp             1/4 cup             1/4 cup             1/4 cup         1/4 cup                Tof or alternate protein product (APP) <sup>11</sup> Tof or alternate protein product (APP)		UNCH/DINNE	Ages 1-2	Ages 3-5	Ages 6-12	<b>Ages 13-18</b> <sup>2</sup>	
Tofu or alternate protein product (APP) <sup>11</sup> 1 ounce         1 1/2 ounces         2 ounces         2 ounces           Cheese         1/2         3/4         1         1         1           Large egg         1/2         3/4         1         1         1           Cooked dry beans or peas         1/4 cup         3/8 cup         1/2 cup         1/2 cup           Nut/seed (or soy nut) Butter         2 tbsp         3 tbsp         4 tbsp         4 tbsp           Yogurt <sup>12</sup> 4 oz or 1/2 c         6 oz or 3/4 c         8 oz or 1 c         8 oz or 1 c           Nut/seed (or soy nut) Butter         1/2 serving (irza reg)         1 slice (areg)         1 slice (areg)         1 slice (areg)         1 slice (areg)           Bread (WG/E)         1/2 serving (irza reg)         1 slice (areg)         1 slice (areg)         1 slice (areg)         1 slice (areg)           Bread (WG/E)         2 tbsp         1/4 cup         1/2 cup         1/2 cup         1/2 cup           Fullet Milk <sup>3</sup> 4 floz         6 floz         8 floz         8 floz           Star         Ages 12-2         Ages 3-5         Ages 13-18 <sup>2</sup> Lean meat, poultry, or fish         1/2 ounce         1 ounce         1 ounce           Tofu or alternate prote				1 ounce	1 1/2 ounces	2 ounces	2 ounces
Nut/seed (or soy nut) Butter         1/4 cup         3/8 cup         1/2 cup         1/2 cup           Nut/seed (or soy nut) Butter         2 tbsp         3 tbsp         4 tbsp         4 tbsp           Yagurt <sup>12</sup> 4 oz or 1/2 c         6 oz or 3/4 c         8 oz or 1 c         8 oz or 1 c         8 oz or 1 c         2 ounces         1 slice (ar eq)         1 slice (ar eq) <t< td=""><td>ate</td><td colspan="2"></td></t<>	ate						
Nut/seed (or soy nut) Butter         1/4 cup         3/8 cup         1/2 cup         1/2 cup           Nut/seed (or soy nut) Butter         2 tbsp         3 tbsp         4 tbsp         4 tbsp           Yagurt <sup>12</sup> 4 oz or 1/2 c         6 oz or 3/4 c         8 oz or 1 c         8 oz or 1 c         8 oz or 1 c         2 ounces         1 slice (ar eq)         1 slice (ar eq) <t< td=""><td>) L</td><td colspan="2"></td></t<>	) L						
Nut/seed (or soy nut) Butter         1/4 cup         3/8 cup         1/2 cup         1/2 cup           Nut/seed (or soy nut) Butter         2 tbsp         3 tbsp         4 tbsp         4 tbsp           Yagurt <sup>12</sup> 4 oz or 1/2 c         6 oz or 3/4 c         8 oz or 1 c         8 oz or 1 c         8 oz or 1 c         2 ounces         1 slice (ar eq)         1 slice (ar eq) <t< td=""><td rowspan="3"></td><td colspan="2">Large egg</td><td>1/2</td><td>3/4</td><td>1</td><td>1</td></t<>		Large egg		1/2	3/4	1	1
Brance device         Distribution         Distribution         Distribution         Distribution           Bread (WG/E)         1/2 slice (r/z ox eq)         1 slice (ox eq)         1 ounce         1 ounce         1 ounce         1 ounce         1 ounce         1 ounce<				1/4 cup	3/8 cup	1/2 cup	1/2 cup
Brance device         Distribution         Distribution         Distribution         Distribution           Bread (WG/E)         1/2 slice (r/z ox eq)         1 slice (ox eq)         1 ounce         1 ounce         1 ounce         1 ounce         1 ounce         1 ounce<					· · ·	· · · · · ·	· · · · ·
Brance device         Distribution         Distribution         Distribution         Distribution           Bread (WG/E)         1/2 slice (r/z ox eq)         1 slice (ox eq)         1 ounce         1 ounce         1 ounce         1 ounce         1 ounce         1 ounce<	at/I			•			· · · ·
Brance device         Distribution         Distribution         Distribution         Distribution           Bread (WG/E)         1/2 slice (r/z ox eq)         1 slice (ox eq)         1 ounce         1 ounce         1 ounce         1 ounce         1 ounce         1 ounce<	В М						
Bread product, such as biscuit, roll, or muffin (WG/E)         1/2 serving (t/2 or eq)         1 serving (or eq)         1 /2 cup         1 /2 cup         1 /2 cup         1 /2 cup           Fuites 4: 13 (or 2nd vegetables serving)         2 tbsp         1 /4 cup         1 ounce         1							
Vegetables <sup>4</sup> 2 tbsp         1/4 cup         1/2 cup         1/2 cup           Fruits <sup>4, 13</sup> (or 2nd vegetable serving)         2 tbsp         1/4 cup         1/4 cup         1/4 cup         1/4 cup           Fluid Milk <sup>3</sup> 4 fl oz         6 fl oz         8 fl oz         8 fl oz         8 fl oz           SNACK <sup>14</sup> (Choose 2 different components.)         Ages 1-2         Ages 3-5         Ages 6-12         Ages 13-18 <sup>2</sup> Lean meat, poultry, or fish         1/2 ounce         1 ounce         1 ounce         1 ounce           Cheese         1/2 egg         1/2         1/2         1/2           Large egg         1/2 egg         1/2         1/2           Vogurt <sup>12</sup> Cooked dry beans or peas         2 tablespoons         1/4 cup         1/4 cup           Nut/seed (or soy nut) Butter         1 tablespoon         2 tbsp         2 tbsp         2 tbsp           Yogurt <sup>12</sup> Vager 1/2 oz         1 oz         1 oz         1 oz           Bread (WG/E)         1/2 oz         1 oz         1 oz         1 serving (oz eq)           Bread (WG/E)         Ereal product, such as biscuit, roll, or muffin (WG/E)         1/2 serving (r/z oz eq)         1 serving (oz eq)         1 serving (oz eq)           Bread product, such as biscuit, rol	<b>S</b> <sup>5,7</sup>						
Vegetables <sup>4</sup> 2 tbsp         1/4 cup         1/2 cup         1/2 cup           Fruits <sup>4, 13</sup> (or 2nd vegetable serving)         2 tbsp         1/4 cup         1/4 cup         1/4 cup         1/4 cup           Fluid Milk <sup>3</sup> 4 fl oz         6 fl oz         8 fl oz         8 fl oz         8 fl oz           SNACK <sup>14</sup> (Choose 2 different components.)         Ages 1-2         Ages 3-5         Ages 6-12         Ages 13-18 <sup>2</sup> Lean meat, poultry, or fish         1/2 ounce         1 ounce         1 ounce         1 ounce           Cheese         1/2 egg         1/2         1/2         1/2           Large egg         1/2 egg         1/2         1/2           Vogurt <sup>12</sup> Cooked dry beans or peas         2 tablespoons         1/4 cup         1/4 cup           Nut/seed (or soy nut) Butter         1 tablespoon         2 tbsp         2 tbsp         2 tbsp           Yogurt <sup>12</sup> Vager 1/2 oz         1 oz         1 oz         1 oz           Bread (WG/E)         1/2 oz         1 oz         1 oz         1 serving (oz eq)           Bread (WG/E)         Ereal product, such as biscuit, roll, or muffin (WG/E)         1/2 serving (r/z oz eq)         1 serving (oz eq)         1 serving (oz eq)           Bread product, such as biscuit, rol	ain					1 001 mig (02 04)	
Vegetables <sup>4</sup> 2 tbsp         1/4 cup         1/2 cup         1/2 cup           Fruits <sup>4, 13</sup> (or 2nd vegetable serving)         2 tbsp         1/4 cup         1/4 cup         1/4 cup           Fluid Milk <sup>3</sup> 4 fl oz         6 fl oz         8 fl oz         8 fl oz           SNACK <sup>14</sup> (Choose 2 different components.)         Ages 1-2         Ages 3-5         Ages 6-12         Ages 13-18 <sup>2</sup> Start and the polity, or fish         1/2 ounce         1 ounce         1 ounce         1 ounce           Tofu or alternate protein product (APP) <sup>11</sup> 1/2 ounce         1 ounce         1 ounce         1 ounce           Cheese         1/2 cup         1/2 cup         1/4 cup         1/4 cup         1/4 cup           Nut/seed (or soy nut) Butter         1/2 egg         1/2 cup         1/2 cup         1/2 cup           Yogurt <sup>12</sup> 2 oz or 1/4 c         4 oz or 1/2 c         4 oz or 1/2 c         4 oz or 1/2 c           Nuts/Seeds         1/2 oup         1/2 slice (tr2 oz eq)         1 slice (oz eq)         1 slice (oz eq)           Bread WG/E)         1/2 slice (tr2 oz eq)         1 slice (oz eq)         1 slice (oz eq)         1 serving (oz eq)           Gooked breakfast cereal <sup>8</sup> , (WG/E/F)         1/4 cup         1/2 cup         1/2 cup         1/2 cup <td>Ū</td> <td colspan="2"></td> <td>1/2 cup</td> <td>1/2 cup</td>	Ū					1/2 cup	1/2 cup
Fruits <sup>4, 13</sup> (or 2nd vegetable serving)         2 tbsp         1/4 cup         1/4 cup         1/4 cup           Fluid Milk <sup>3</sup> 4 fl oz         6 fl oz         8 fl oz         8 fl oz           SNACK <sup>14</sup> (Choose 2 different components.)         Ages 1-2         Ages 3-5         Ages 6-12         Ages 13-18 <sup>2</sup> Lean meat, poultry, or fish         1/2 ounce         1 ounce         1 ounce         1 ounce           Cheese         1/2 egg         1/2 cup         1/4 cup         1/4 cup           Large egg         1/2 egg         1/2 cup         1/2 cup         1/4 cup           Nut/seed (or soy nut) Butter         1 tablespoons         1/4 cup         1/4 cup           Yogurt <sup>12</sup> 2 oz or 1/4 c         4 oz or 1/2 c         4 oz or 1/2 c           Nuts/Seeds         1/2 log         1 slice (i/2 oz eg)         1 slice (oz eg)         1 slice (oz eg)           Bread (WG/E)         Independent         1/2 cup         1/2 cup         1/2 cup           Ready-to-eat breakfast cereal <sup>6</sup> (WG/E/F)         Flakes or rounds         1/2 cup         1/4 cup         1/4 cup           Vegetables <sup>4</sup> Flakes or rounds         1/2 cup         3/4 cup         1/4 cup           Vegetables <sup>4</sup> 1/2 cup         3/4 cup         3/4 cup				2 tbsp	1/4 cup	1/2 cup	1/2 cup
SNACK <sup>14</sup> (Choose 2 different components.)         Ages 1-2         Ages 3-5         Ages 6-12         Ages 13-18 <sup>2</sup> Lean meat, poultry, or fish Tofu or alternate protein product (APP) <sup>11</sup> 1/2 ounce         1 ounce         1 ounce         1 ounce           Cheese         1/2 egg         1/2         1/2         1/2         1/2           Large egg         1/2 egg         1/4 cup         1/4 cup         1/4 cup           Nut/seed (or soy nut) Butter         1 tablespoon         2 tbsp         2 tbsp           Yogurt <sup>12</sup> 2 oz or 1/4 c         4 oz or 1/2 c         4 oz or 1/2 c           Nuts/Seeds         1/2 oz         1 oz         1 oz           Bread (WG/E)         1/2 serving (t/2 oz eg)         1 slice (oz eg)         1 slice (oz eg)           Bread product, such as biscuit, roll, or muffin (WG/E)         1/2 serving (t/2 oz eg)         1 serving (oz eg)         1 serving (oz eg)           Cooked breakfast cereal <sup>8</sup> , (WG/E/F)         1/4 cup         1/2 cup         1/2 cup           Ready-to-eat         Flakes or rounds         1/2 cup         1 cup         1 cup           breakfast cereal (dry, cold) <sup>8,9</sup> (WG/E/F)         Flakes or rounds         1/2 cup         3/4 cup         1/4 cup           Vegetables <sup>4</sup> 1/2 cup         3/4 cup <td< td=""><td colspan="3"><b>Fruits<sup>4, 13</sup></b> (or 2nd vegetable serving)</td><td></td><td>1/4 cup</td><td>1/4 cup</td><td>1/4 cup</td></td<>	<b>Fruits<sup>4, 13</sup></b> (or 2nd vegetable serving)				1/4 cup	1/4 cup	1/4 cup
Lean meat, poultry, or fish       1/2 ounce       1 ounce       1 ounce         Tofu or alternate protein product (APP) <sup>11</sup> 1/2 ounce       1 ounce       1 ounce         Cheese       1/2 egg       1/2       1/2         Large egg       1/2 cup       1/2 cup       1/2 cup         Nut/seed (or soy nut) Butter       1 tablespoons       1/4 cup       1/4 cup         Nut/seed (or soy nut) Butter       1 tablespoon       2 tbsp       2 tbsp         Yogurt <sup>12</sup> 2 oz or 1/4 c       4 oz or 1/2 c       4 oz or 1/2 c         Nuts/Seeds       1/2 ozz       1 oz       1 oz         Bread (WG/E)       1/2 serving (1/2 oz eq)       1 slice (oz eq)       1 serving (oz eq)         Bread product, such as biscuit, roll, or muffin (WG/E)       1/2 serving (1/2 oz eq)       1 serving (oz eq)       1 serving (oz eq)         Cooked breakfast cereal <sup>8</sup> , (WG/E/F)       1/4 cup       1/2 cup       1/2 cup       1/2 cup         Ready-to-eat breakfast cereal (dry, col) <sup>8.9</sup> (WG/E/F)       Flakes or rounds       1/2 cup       1 cup       1 dup         Puffed cereal (dry, col) <sup>8.9</sup> (WG/E/F)       Flakes or rounds       1/2 cup       3/4 cup       1/4 cup         Vegetables <sup>4</sup> 1/2 cup       3/4 cup       3/4 cup       3/4 cup <t< td=""><td colspan="3">Fluid Milk<sup>3</sup></td><td>4 fl oz</td><td>6 fl oz</td><td>8 fl oz</td><td>8 fl oz</td></t<>	Fluid Milk <sup>3</sup>			4 fl oz	6 fl oz	8 fl oz	8 fl oz
Tofu or alternate protein product (APP) <sup>11</sup> 1/2 ounce         1 ounce         1 ounce           Cheese         1/2 egg         1/2 egg         1/2         1/2           Large egg         1/2 egg         1/2 up         1/2 up         1/2 up           Nut/seed (or soy nut) Butter         1 tablespoons         1/4 cup         1/4 cup           Yogurt <sup>12</sup> 2 oz or 1/4 c         4 oz or 1/2 c         4 oz or 1/2 c           Nut/Seeds         1/2 oz         1 oz         1 oz           Bread (WG/E)         1/2 sice (1/2 oz eg)         1 sice (oz eg)         1 sice (oz eg)           Bread product, such as biscuit, roll, or muffin (WG/E)         1/2 serving (1/2 oz eg)         1 serving (oz eg)         1 serving (oz eg)           Cooked breakfast cereal <sup>8</sup> , (WG/E/F)         1/4 cup         1/2 cup         1/2 cup           Ready-to-eat breakfast cereal (dry, cold) <sup>8.9</sup> (WG/E/F)         Flakes or rounds         1/2 cup         1 cup           Puffed cereal (dry, cold) <sup>8.9</sup> (WG/E/F)         Flakes or rounds         1/2 cup         1/4 cup         1/4 cup           Vegetables <sup>4</sup> 1/2 cup         3/4 cup         3/4 cup         3/4 cup           T/2 cup         3/4 cup         1/2 cup         3/4 cup         3/4 cup	S	NACK <sup>14</sup> (Choose 2	Ages 1-2	Ages 3-5	Ages 6-12	<b>Ages 13-18</b> <sup>2</sup>	
Yogurt12       2 tablespoons       1/4 cup       1/4 cup         Yogurt12       2 oz or 1/4 c       4 oz or 1/2 c       4 oz or 1/2 c         Nut/Seeds       1/2 oz       1 oz       1 oz         Bread (WG/E)       1/2 slice (1/2 oz eq)       1 slice (oz eq)       1 slice (oz eq)         Bread product, such as biscuit, roll, or muffin (WG/E)       1/2 serving (1/2 oz eq)       1 serving (oz eq)       1 serving (oz eq)         Cooked breakfast cereal <sup>8</sup> , (WG/E/F)       1/4 cup       1/2 cup       1/2 cup       1/2 cup         Ready-to-eat breakfast cereal <sup>8</sup> , (WG/E/F)       Flakes or rounds       1/2 cup       1 cup       1/2 cup         Puffed cereal       3/4 cup       1 /4 cup       1 /4 cup       1 /4 cup         Vegetables <sup>4</sup> 1/2 cup       3/4 cup       3/4 cup         Fritts <sup>4</sup> 1/2 cup       3/4 cup       3/4 cup	S	Lean meat, poultry, or fish		1/2 ounce			
Yogurt12       2 tablespoons       1/4 cup       1/4 cup         Yogurt12       2 oz or 1/4 c       4 oz or 1/2 c       4 oz or 1/2 c         Nut/Seeds       1/2 oz       1 oz       1 oz         Bread (WG/E)       1/2 slice (1/2 oz eq)       1 slice (oz eq)       1 slice (oz eq)         Bread product, such as biscuit, roll, or muffin (WG/E)       1/2 serving (1/2 oz eq)       1 serving (oz eq)       1 serving (oz eq)         Cooked breakfast cereal <sup>8</sup> , (WG/E/F)       1/4 cup       1/2 cup       1/2 cup       1/2 cup         Ready-to-eat breakfast cereal <sup>8</sup> , (WG/E/F)       Flakes or rounds       1/2 cup       1 cup       1/2 cup         Puffed cereal       3/4 cup       1 /4 cup       1 /4 cup       1 /4 cup         Vegetables <sup>4</sup> 1/2 cup       3/4 cup       3/4 cup         Fritts <sup>4</sup> 1/2 cup       3/4 cup       3/4 cup	ate	Tofu or alternate protein product (APP) <sup>11</sup>				1 ounce	1 ounce
Yogurt12       2 tablespoons       1/4 cup       1/4 cup         Yogurt12       2 oz or 1/4 c       4 oz or 1/2 c       4 oz or 1/2 c         Nut/Seeds       1/2 oz       1 oz       1 oz         Bread (WG/E)       1/2 slice (1/2 oz eq)       1 slice (oz eq)       1 slice (oz eq)         Bread product, such as biscuit, roll, or muffin (WG/E)       1/2 serving (1/2 oz eq)       1 serving (oz eq)       1 serving (oz eq)         Cooked breakfast cereal <sup>8</sup> , (WG/E/F)       1/4 cup       1/2 cup       1/2 cup       1/2 cup         Ready-to-eat breakfast cereal <sup>8</sup> , (WG/E/F)       Flakes or rounds       1/2 cup       1 cup       1/2 cup         Puffed cereal       3/4 cup       1 /4 cup       1 /4 cup       1 /4 cup         Vegetables <sup>4</sup> 1/2 cup       3/4 cup       3/4 cup         Fritts <sup>4</sup> 1/2 cup       3/4 cup       3/4 cup	Meat/Meat Altern	Cheese					
Bread (WG/E)       1/2 slice (1/2 oz eq)       1 slice (oz eq)       1 slice (oz eq)         Bread product, such as biscuit, roll, or muffin (WG/E)       1/2 serving (1/2 oz eq)       1 serving (oz eq)       1 serving (oz eq)         Cooked breakfast cereal <sup>8</sup> , (WG/E/F)       1/4 cup       1/2 cup       1/2 cup         Ready-to-eat breakfast cereal       Flakes or rounds       1/2 cup       1 cup       1 cup         Puffed cereal       3/4 cup       1 dup       1 dup       1 dup         Vegetables <sup>4</sup> 1/2 cup       3/4 cup       3/4 cup         Fruits <sup>4</sup> 1/2 cup       3/4 cup       3/4 cup		Large egg		1/2 egg		1/2	1/2
Bread (WG/E)       1/2 slice (1/2 oz eq)       1 slice (oz eq)       1 slice (oz eq)         Bread product, such as biscuit, roll, or muffin (WG/E)       1/2 serving (1/2 oz eq)       1 serving (oz eq)       1 serving (oz eq)         Cooked breakfast cereal <sup>8</sup> , (WG/E/F)       1/4 cup       1/2 cup       1/2 cup         Ready-to-eat breakfast cereal       Flakes or rounds       1/2 cup       1 cup       1 cup         Puffed cereal       3/4 cup       1 dup       1 dup       1 dup         Vegetables <sup>4</sup> 1/2 cup       3/4 cup       3/4 cup         Fruits <sup>4</sup> 1/2 cup       3/4 cup       3/4 cup		Cooked dry beans or peas		2 tablespoons		1/4 cup	1/4 cup
Bread (WG/E)       1/2 slice (1/2 oz eq)       1 slice (oz eq)       1 slice (oz eq)         Bread product, such as biscuit, roll, or muffin (WG/E)       1/2 serving (1/2 oz eq)       1 serving (oz eq)       1 serving (oz eq)         Cooked breakfast cereal <sup>8</sup> , (WG/E/F)       1/4 cup       1/2 cup       1/2 cup         Ready-to-eat breakfast cereal       Flakes or rounds       1/2 cup       1 cup       1 cup         Puffed cereal       3/4 cup       1 dup       1 dup       1 dup         Vegetables <sup>4</sup> 1/2 cup       3/4 cup       3/4 cup         Fruits <sup>4</sup> 1/2 cup       3/4 cup       3/4 cup				1 tablespoon		2 tbsp	2 tbsp
Bread (WG/E)       1/2 slice (1/2 oz eq)       1 slice (oz eq)       1 slice (oz eq)         Bread product, such as biscuit, roll, or muffin (WG/E)       1/2 serving (1/2 oz eq)       1 serving (oz eq)       1 serving (oz eq)         Cooked breakfast cereal <sup>8</sup> , (WG/E/F)       1/4 cup       1/2 cup       1/2 cup         Ready-to-eat breakfast cereal       Flakes or rounds       1/2 cup       1 cup       1 cup         Puffed cereal       3/4 cup       1 dup       1 dup       1 dup         Vegetables <sup>4</sup> 1/2 cup       3/4 cup       3/4 cup         Fruits <sup>4</sup> 1/2 cup       3/4 cup       3/4 cup		Yogurt <sup>12</sup>		2 oz or 1/4 c		4 oz or 1/2 c	4 oz or 1/2 c
Bread product, such as biscuit, roll, or muffin (WG/E)1/2 serving (1/2 oz eq)1 serving (oz eq)1 serving (oz eq)Cooked breakfast cereal <sup>8</sup> , (WG/E/F) cereal grain, and/or pasta1/4 cup1/2 cup1/2 cup1/2 cupReady-to-eat breakfast cereal (dry, cold) <sup>8,9</sup> (WG/E/F)Flakes or rounds1/2 cup1 cup1 cupPuffed cereal Granola3/4 cup1 1/4 cup1 1/4 cupVegetables <sup>4</sup> 1/2 cup3/4 cup3/4 cupFruits <sup>4</sup> 1/2 cup3/4 cup3/4 cup		Nuts/Seeds		1/2 oz		1 oz	1 oz
Nocereal grain, and/or pasta1/4 cup1/2 cup1/2 cupReady-to-eat breakfast cereal (dry, cold) <sup>8,9</sup> (WG/E/F)Flakes or rounds1/2 cup1 cup1 cupPuffed cereal3/4 cup1 1/4 cup1 1/4 cupGranola2 tablespoons1/4 cup1/4 cupVegetables <sup>4</sup> Fruits <sup>4</sup> 1/2 cup3/4 cup		Bread (WG/E)		1/2 slice (1/2 oz eq)		1 slice (oz eq)	1 slice (oz eq)
Nocereal grain, and/or pasta1/4 cup1/2 cup1/2 cupReady-to-eat breakfast cereal (dry, cold) <sup>8,9</sup> (WG/E/F)Flakes or rounds1/2 cup1 cup1 cupPuffed cereal3/4 cup1 1/4 cup1 1/4 cupGranola2 tablespoons1/4 cup1/4 cupVegetables <sup>4</sup> Fruits <sup>4</sup> 1/2 cup3/4 cup		Bread product, such as biscuit, roll, or muffin (WG/E)		1/2 serving (1/2 oz eq)		1 serving (oz eq)	1 serving (oz eq)
Ready-to-eat breakfast cereal (dry, cold) <sup>8,9</sup> (WG/E/F)Flakes or rounds1/2 cup1 cup1 cupPuffed cereal3/4 cup1 1/4 cup1 1/4 cupGranola2 tablespoons1/4 cup1/4 cupVegetables <sup>4</sup> Fruits <sup>4</sup> 1/2 cup3/4 cup				1/4 cup		1/2 cup	1/2 cup
Vegetables <sup>4</sup> 1/2 cup         3/4 cup         3/4 cup           Fruits <sup>4</sup> 1/2 cup         3/4 cup         3/4 cup		breakfast cereal	Flakes or rounds	1/2 cup		1 cup	1 cup
Vegetables <sup>4</sup> 1/2 cup         3/4 cup         3/4 cup           Fruits <sup>4</sup> 1/2 cup         3/4 cup         3/4 cup			Puffed cereal	3/4 cup		1 1/4 cup	1 1/4 cup
Fruits <sup>4</sup> 1/2 cup         3/4 cup         3/4 cup			Granola	2 tablespoons		1/4 cup	1/4 cup
Fruits <sup>4</sup> 1/2 cup         3/4 cup         3/4 cup	Vegetables <sup>4</sup>			1/2 cup		3/4 cup	
Fluid Milk <sup>3</sup> 4 fl oz   8 fl oz	Fruits <sup>4</sup>			1/2 cup		3/4 cup	3/4 cup
	Fluid Milk <sup>3</sup>			4 fl oz		8 fl oz	8 fl oz

Day Care Resources, Inc.

Revised 7/2024

## Important Notes for the Meal Pattern for Children

- <sup>1</sup> Must serve all three components for a reimbursable breakfast. Offer versus serve is an option for At-Risk After School (ARAS) programs.
- <sup>2</sup> Children with special needs (w/ an approved IEP on file at the DCR office), in At-Risk After School (ARAS) programs, and in emergency shelters can be claimed up to age 18. Larger portion sizes than specified may need to be served to children 13 through 18 year olds to meet their nutritional needs.
- <sup>3</sup> Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for 2-5 year olds. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), flavored fat-free (skim) milk or flavored low-fat (1%) milk for children six years old and older.
- <sup>4</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- <sup>5</sup> All breads and grains must be whole grain-rich (WG), enriched (E) and/or fortified (F).
  - Whole grain-rich (WG) foods have a whole grain first ingredient and any remaining grains in the product are enriched (or fortified for breakfast cereals) or are 100% whole grain.
  - Enriched (E) foods have been refined (or "processed") to remove the outer layers (bran/germ) from the grain seed. Five vitamins/minerals are added to the refined grain to "enrich" it: Riboflavin, niacin, thiamin, iron and folic acid.
  - Fortified (F) breakfast cereals have vitamins and minerals added to the product.
    - Look for the word "fortified" on the package OR
    - Look for a list of vitamins and minerals at the bottom of the ingredient list.
  - Grain-based desserts do **NOT** count towards meeting the grains requirement.

#### At least one grain/bread serving per day, across all eating occasions, must be whole-grain rich (WG) at your facility.

- This rule only applies when grains are required/served. For example, if a facility only serves one snack (ex. apples and milk) in a day, no grains are served or required that day.
- <sup>6</sup> At breakfast, meat and meat alternates may be used to meet the grains requirement a maximum of **three times per week**. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

<sup>7</sup> As of October 1, 2019, ounce equivalents (oz eq) are used to determine the quantity of creditable grains.

- <sup>8</sup> Through Sept. 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By Oct. 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce. Cereals must be whole grain (WG), enriched (E), or fortified (F).
- <sup>9</sup> As of October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served.
- <sup>10</sup> Must serve all five components for a reimbursable lunch/dinner. Offer versus serve is an option for At-Risk After School (ARAS) programs.
- <sup>11</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.
- <sup>12</sup> Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars in 6 ounces. By Oct. 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).
- <sup>13</sup>A vegetable may be used to meet the fruit requirement at lunch or dinner. When two vegetables are served at lunch or dinner, two different kinds of vegetables must be served.
- <sup>14</sup> Select two of the five components for a reimbursable snack.
  - Only one of the two snack components may be a beverage.
    - Juice and milk cannot be the only two components at snack.
  - These items count as juice:
    - Popsicles made from 100% juice
    - Fruit pureed in smoothies

### **Important Notes for the Grain Requirement Chart**

<sup>1</sup>Under the CACFP, all grains must be whole grain or enriched or made with enriched or whole grain meal and/or flour, bran and/or germ. For meals and snacks served to children, at least one serving of grains per day in the CACFP must be whole grain-rich as of October 1, 2017. Whole grain-rich foods have a whole grain first ingredient and any remaining grains in the product are enriched or are 100% whole grain. <sup>2</sup>Some of the following foods, or the accompaniments, may contain more sugar, salt and/or fat than others.

This should be considered when deciding how often to serve them. <sup>3</sup>Beginning October 1, 2019, ounce equivalents (oz eq) are used to determine the quantity of creditable grains. An "ounce equivalent" is a serving of grain or bread that has the same amount of creditable grains (16 grams) as a 1 ounce piece of bread.

<sup>4</sup>This chart shows items that are allowed for child care. Grain based desserts are ONLY allowed for the school breakfast/ lunch programs (SBP/NSLP) and have been omitted.

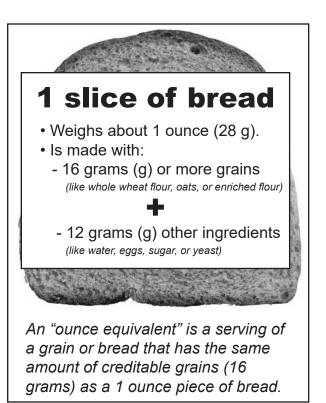
<sup>5</sup>Under the CACFP, cereals must be whole grain, enriched, or fortified, and must contain no more than 6 grams of sugar per dry ounce.

circular O's. Example: Cheerios®

<sup>6</sup>Flakes are grains of cereal that have been **FERES** crushed, mixed into dough, and rolled/formed into flakes. Examples: corn or bran flakes. This includes shredded wheat, where flakes are formed into biscuits. Rounds are cereals that have been shaped into



<sup>8</sup>Puffed cereals are light and airy. Grains of cereal are "popped" or extruded into light, fluffy shapes. Examples: puffed rice or wheat. Since puffed cereal is the lightest, it has the largest serving size. <sup>9</sup>Granola is heavy and dense, so it has the smallest serving size. Examples: granola cereal, Grape



Nuts<sup>®</sup> DCR does not endorse any products. Brand names are used for example only.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language) should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at https://www.usda.gov/sites/default/files/documents/ad-3027.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

#### **Compliments of Your Food Program Sponsor:**

Day Care Resources, Inc. USDA Child and Adult Care Food Program (CACFP) 309-925-2274

mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; fax: (833) 256-1665 or (202) 690-7442; or email: program.intake@usda.gov.

This institution is an equal opportunity provider.

# **Grain Requirement Chart**<sup>1,2</sup>

for the Child and Adult Care Food Program (CACFP)

Look at the package and use the chart below to make sure you serve enough food. For example, look at the label for saltine crackers to the right. The serving size on the package says 5 crackers. The label says 5 crackers weighs 16 grams. The chart says a 1-5 year old needs 11 grams of savory crackers like saltines, so 5 crackers would be enough for a 1-5 year old. (*4 crackers = 12 grams*) However, for a child age 6 or older, you would need more crackers. (*7 crackers = 22 grams*)



#### **TYPE OF GRAIN/BREAD** MINIMUM SERVING SIZE **OZ EQ = OUNCE EQUIVALENT** Ages 1-5 Ages 6+ Group A (1/2 oz eq)3 $(1 \text{ oz eq})^{3}$ Bread Type Coating Croutons • Bread Sticks (hard) • Pretzels (hard) 11 grams OR 0.4 oz Chow Mein Noodles Rice Cakes 22 grams OR 0.8 oz • Savory Crackers (ex. saltines) • Stuffing (dry) weight = bread in stuffing only Ages 1-5 Group B<sup>4</sup> Ages 6+ Bagels Pizza Crust Batter Type Coating • Popcorn Biscuits • Pretzels (soft) • Breads (sandwich, French, Italian) • Rolls (sandwich/dinner rolls) • Buns (hamburger and hot dog) • Sweet Crackers (animal/graham) 28 grams OR 14 grams OR • Egg Roll Skins • Tortillas (wheat or corn) 1.0 oz 0.5 oz English Muffins • Tortilla Chips (wheat or corn) · Pita Bread Taco Shells Group C<sup>4</sup> Ages 1-5 Ages 6+ Combread or Corn Muffins • Pie Crust (meat/meat alternate Croissants pies ONLY) 17 grams OR 0.6 oz 34 grams OR 1.2 oz Pancakes Waffles Group D<sup>4</sup> Ages 1-5 Ages 6+ • Muffins (all, except corn) 28 grams 55 grams OR 2.0 oz OR 1.0 oz Group E<sup>4</sup> Ages 6+ Ages 1-5 • French Toast 69 grams 35 grams OR 2.4 oz OR 1.2 oz Group H Ages 1-5 Ages 6+ • Cereal Grains (barley, quinoa, etc) • Noodles (all varieties) • Breakfast Cereals (cooked) • Pasta (all shapes) • Bulgur or Cracked Wheat Ravioli (noodle ONLY) 1/4 cup cooked OR 1/2 cup cooked OR Macaroni (all shapes) Rice (enriched white or brown) 14 grams / 0.5 oz dry 28 grams / 1.0 oz dry Group I Ages 1-5 Ages 6+ Ready to Eat Breakfast Cereal (cold, dry)<sup>5</sup> Flakes<sup>6</sup>/Rounds:<sup>7</sup> Flakes<sup>6</sup>/Rounds:<sup>7</sup> - 6 grams sugars or less in 1 ounce (28 grams) cereal 1/2 cup 1 cup Puffed Cereal:8 Puffed Cereal:<sup>8</sup> 3/4 cup 1 1/4 cup Fakes Rounds Granola:9 Granola:9 2 tablespoons 1/4 cup

Day Care Resources, Inc.

Revised 7/2024