Meal Pattern for Children

At-Risk & Special Needs ONLY

BREAKFAST ¹ (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 ¹ , (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) ^{1/6} (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 ¹ (Serve all 3 components.)	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ²
Box Correl grain, and/or pasta Flakes or rounds 1/2 cup 1 cup 1 cup Vegetables, fruits or portions of both ⁴ 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 ⁴ 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 ⁴ 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 ⁴ 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) ⁵⁵ (WG/E/F) Flakes or rounds Puffed cereal Granola 1/2 cup 1 cup 1 cup 1 cup Vegetables, fruits or portions of both ⁴ Fluid Milk ³ ranola 2 tablespoons 11/4 cup 11/4 cup 11/4 cup Fluid Milk ³ ranola 2 tablespoons 1/2 cup 1/2 cup 1/2 cup Fluid Milk ³ ranola 2 tablespoons Ages 3-5 Ages 6-12 Ages 13-18 ³ Vegetables, fruits or portions of both ⁴ 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 ² 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* ¹³ (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 ² 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* ¹³ (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 ³ 4 fl oz 6 fl oz 8 fl oz 8 fl oz LUNCH/DINNER ¹⁰ (Serve all 5 components) Ages 1-2 Ages 3-5 Ages 6-12 Ages 13-18 ² 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 ¹² 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 ^{4,1,3} (or 2nd vegetable serving) 2 tbsp 1/4 cup 1/2 cup 1/2 cup Fruits ^{4,1,3} (or 2nd vegetable serving) 2 tbsp 1/4 cup 1/4 cup 1/4 cup Fruits ^{4,1,3} (or 2nd vegetable serving) 2 tbsp 1/4 cup 1/4 cup			Granola	2 tablespoons		1/4 cup	1/4 cup
LUNCH/DINNER ¹⁰ Conversion Ages 1-2 Ages 3-5 Ages 6-12 Ages 13-18 ² Lean meat, poultry, or fish Tofu or alternate protein product (APP) ¹¹ 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) ¹¹ Tot or alternate protein product (APP) ¹¹ 1 ounce 1 1/2 ounces 2 ounces 2 ounces Tot or alternate protein product (APP) ¹¹ 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 ¹² 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 ⁸ , (WG/E/F) cereal grain, and/or pasta 2 tbsp 1/4 cup 1/4 cup 1/4 cup Fuits 4. ¹³ (or 2nd vegetable serving) 2 tbsp 1/4 cup 1/4 cup 1/4 cup 1/4 cup Tof or alternate protein product (APP) ¹¹ Tof or alternate protein product (APP)	Fluid Milk ³			4 fl oz	6 fl oz	8 fl oz	8 fl oz
Lean meat, poultry, or fish Tot or alternate protein product (APP) ¹¹ Tot or alternate protein product (APP) ¹¹ 1 ounce 1 1/2 ounces 2 ounces 2 ounces Tot or alternate protein product (APP) ¹¹ 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 ¹² 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 ⁸ , (WG/E/F) cereal grain, and/or pasta 2 tbsp 1/4 cup 1/4 cup 1/4 cup Fuits 4. ¹³ (or 2nd vegetable serving) 2 tbsp 1/4 cup 1/4 cup 1/4 cup 1/4 cup Tof or alternate protein product (APP) ¹¹ Tof or alternate protein product (APP)		UNCH/DINNE	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ²	
Tofu or alternate protein product (APP) ¹¹ 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 ¹² 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 ³ 4 floz 6 floz 8 floz 8 floz Star Ages 12-2 Ages 3-5 Ages 13-18 ² 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 ¹² 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 ¹² 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 ¹² 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 ⁴ 2 tbsp 1/4 cup 1/2 cup 1/2 cup Fruits ^{4, 13} (or 2nd vegetable serving) 2 tbsp 1/4 cup 1/4 cup 1/4 cup 1/4 cup Fluid Milk ³ 4 fl oz 6 fl oz 8 fl oz 8 fl oz 8 fl oz SNACK ¹⁴ (Choose 2 different components.) Ages 1-2 Ages 3-5 Ages 6-12 Ages 13-18 ² 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 ¹² 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 ¹² 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	S ^{5,7}						
Vegetables ⁴ 2 tbsp 1/4 cup 1/2 cup 1/2 cup Fruits ^{4, 13} (or 2nd vegetable serving) 2 tbsp 1/4 cup 1/4 cup 1/4 cup 1/4 cup Fluid Milk ³ 4 fl oz 6 fl oz 8 fl oz 8 fl oz 8 fl oz SNACK ¹⁴ (Choose 2 different components.) Ages 1-2 Ages 3-5 Ages 6-12 Ages 13-18 ² 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 ¹² 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 ¹² 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 ⁴ 2 tbsp 1/4 cup 1/2 cup 1/2 cup Fruits ^{4, 13} (or 2nd vegetable serving) 2 tbsp 1/4 cup 1/4 cup 1/4 cup Fluid Milk ³ 4 fl oz 6 fl oz 8 fl oz 8 fl oz SNACK ¹⁴ (Choose 2 different components.) Ages 1-2 Ages 3-5 Ages 6-12 Ages 13-18 ² Start and the polity, or fish 1/2 ounce 1 ounce 1 ounce 1 ounce Tofu or alternate protein product (APP) ¹¹ 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 ¹² 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 ⁸ , (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 ^{4, 13} (or 2nd vegetable serving) 2 tbsp 1/4 cup 1/4 cup 1/4 cup Fluid Milk ³ 4 fl oz 6 fl oz 8 fl oz 8 fl oz SNACK ¹⁴ (Choose 2 different components.) Ages 1-2 Ages 3-5 Ages 6-12 Ages 13-18 ² 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 ¹² 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 ⁶ (WG/E/F) Flakes or rounds 1/2 cup 1/4 cup 1/4 cup Vegetables ⁴ Flakes or rounds 1/2 cup 3/4 cup 1/4 cup Vegetables ⁴ 1/2 cup 3/4 cup 3/4 cup				2 tbsp	1/4 cup	1/2 cup	1/2 cup
SNACK ¹⁴ (Choose 2 different components.) Ages 1-2 Ages 3-5 Ages 6-12 Ages 13-18 ² Lean meat, poultry, or fish Tofu or alternate protein product (APP) ¹¹ 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 ¹² 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 ⁸ , (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) ^{8,9} (WG/E/F) Flakes or rounds 1/2 cup 3/4 cup 1/4 cup Vegetables ⁴ 1/2 cup 3/4 cup <td< td=""><td colspan="3">Fruits^{4, 13} (or 2nd vegetable serving)</td><td></td><td>1/4 cup</td><td>1/4 cup</td><td>1/4 cup</td></td<>	Fruits^{4, 13} (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) ¹¹ 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 ¹² 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 ⁸ , (WG/E/F) 1/4 cup 1/2 cup 1/2 cup 1/2 cup Ready-to-eat breakfast cereal (dry, col) ^{8.9} (WG/E/F) Flakes or rounds 1/2 cup 1 cup 1 dup Puffed cereal (dry, col) ^{8.9} (WG/E/F) Flakes or rounds 1/2 cup 3/4 cup 1/4 cup Vegetables ⁴ 1/2 cup 3/4 cup 3/4 cup 3/4 cup <t< td=""><td colspan="3">Fluid Milk³</td><td>4 fl oz</td><td>6 fl oz</td><td>8 fl oz</td><td>8 fl oz</td></t<>	Fluid Milk ³			4 fl oz	6 fl oz	8 fl oz	8 fl oz
Tofu or alternate protein product (APP) ¹¹ 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 ¹² 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 ⁸ , (WG/E/F) 1/4 cup 1/2 cup 1/2 cup Ready-to-eat breakfast cereal (dry, cold) ^{8.9} (WG/E/F) Flakes or rounds 1/2 cup 1 cup Puffed cereal (dry, cold) ^{8.9} (WG/E/F) Flakes or rounds 1/2 cup 1/4 cup 1/4 cup Vegetables ⁴ 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 ¹⁴ (Choose 2	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ²	
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 ⁸ , (WG/E/F) 1/4 cup 1/2 cup 1/2 cup 1/2 cup Ready-to-eat breakfast cereal ⁸ , (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 ⁴ 1/2 cup 3/4 cup 3/4 cup Fritts ⁴ 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 ⁸ , (WG/E/F) 1/4 cup 1/2 cup 1/2 cup 1/2 cup Ready-to-eat breakfast cereal ⁸ , (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 ⁴ 1/2 cup 3/4 cup 3/4 cup Fritts ⁴ 1/2 cup 3/4 cup 3/4 cup	ate	Tofu or alternate protein product (APP) ¹¹				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 ⁸ , (WG/E/F) 1/4 cup 1/2 cup 1/2 cup 1/2 cup Ready-to-eat breakfast cereal ⁸ , (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 ⁴ 1/2 cup 3/4 cup 3/4 cup Fritts ⁴ 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 ⁸ , (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 ⁴ 1/2 cup 3/4 cup 3/4 cup Fruits ⁴ 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 ⁸ , (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 ⁴ 1/2 cup 3/4 cup 3/4 cup Fruits ⁴ 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 ⁸ , (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 ⁴ 1/2 cup 3/4 cup 3/4 cup Fruits ⁴ 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 ⁸ , (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 ⁴ 1/2 cup 3/4 cup 3/4 cup Fruits ⁴ 1/2 cup 3/4 cup 3/4 cup		Yogurt ¹²		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 ⁸ , (WG/E/F) cereal grain, and/or pasta1/4 cup1/2 cup1/2 cup1/2 cupReady-to-eat breakfast cereal (dry, cold) ^{8,9} (WG/E/F)Flakes or rounds1/2 cup1 cup1 cupPuffed cereal Granola3/4 cup1 1/4 cup1 1/4 cupVegetables ⁴ 1/2 cup3/4 cup3/4 cupFruits ⁴ 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) ^{8,9} (WG/E/F)Flakes or rounds1/2 cup1 cup1 cupPuffed cereal3/4 cup1 1/4 cup1 1/4 cupGranola2 tablespoons1/4 cup1/4 cupVegetables ⁴ Fruits ⁴ 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) ^{8,9} (WG/E/F)Flakes or rounds1/2 cup1 cup1 cupPuffed cereal3/4 cup1 1/4 cup1 1/4 cupGranola2 tablespoons1/4 cup1/4 cupVegetables ⁴ Fruits ⁴ 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) ^{8,9} (WG/E/F)Flakes or rounds1/2 cup1 cup1 cupPuffed cereal3/4 cup1 1/4 cup1 1/4 cupGranola2 tablespoons1/4 cup1/4 cupVegetables ⁴ Fruits ⁴ 1/2 cup3/4 cup				1/4 cup		1/2 cup	1/2 cup
Vegetables ⁴ 1/2 cup 3/4 cup 3/4 cup Fruits ⁴ 1/2 cup 3/4 cup 3/4 cup		breakfast cereal	Flakes or rounds	1/2 cup		1 cup	1 cup
Vegetables ⁴ 1/2 cup 3/4 cup 3/4 cup Fruits ⁴ 1/2 cup 3/4 cup 3/4 cup			Puffed cereal	3/4 cup		1 1/4 cup	1 1/4 cup
Fruits ⁴ 1/2 cup 3/4 cup 3/4 cup			Granola	2 tablespoons		1/4 cup	1/4 cup
Fruits ⁴ 1/2 cup 3/4 cup 3/4 cup	Vegetables ⁴			1/2 cup		3/4 cup	
Fluid Milk ³ 4 fl oz 8 fl oz	Fruits ⁴			1/2 cup		3/4 cup	3/4 cup
	Fluid Milk ³			4 fl oz		8 fl oz	8 fl oz

Day Care Resources, Inc.

Revised 7/2024

Important Notes for the Meal Pattern for Children

- ¹ Must serve all three components for a reimbursable breakfast. Offer versus serve is an option for At-Risk After School (ARAS) programs.
- ² 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.
- ³ 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.
- ⁴ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- ⁵ 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.
- ⁶ 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.

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

- ⁸ 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).
- ⁹ As of October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served.
- ¹⁰ Must serve all five components for a reimbursable lunch/dinner. Offer versus serve is an option for At-Risk After School (ARAS) programs.
- ¹¹ Alternate protein products must meet the requirements in Appendix A to Part 226.
- ¹² 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).
- ¹³A 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.
- ¹⁴ 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

¹Under 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. ²Some 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. ³Beginning 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.

⁴This 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.

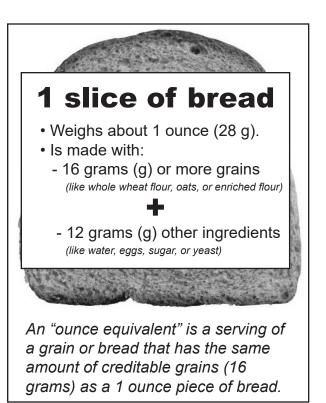
⁵Under the CACFP, cereals must be whole grain, enriched, or fortified, and must contain no more than 6 grams of sugar per dry ounce.

circular O's. Example: Cheerios®

⁶Flakes 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



⁸Puffed 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. ⁹Granola is heavy and dense, so it has the smallest serving size. Examples: granola cereal, Grape



Nuts[®] 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^{1,2}

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 B⁴ 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 C⁴ 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 D⁴ Ages 1-5 Ages 6+ • Muffins (all, except corn) 28 grams 55 grams OR 2.0 oz OR 1.0 oz Group E⁴ 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)⁵ Flakes⁶/Rounds:⁷ Flakes⁶/Rounds:⁷ - 6 grams sugars or less in 1 ounce (28 grams) cereal 1/2 cup 1 cup Puffed Cereal:8 Puffed Cereal:⁸ 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