

MEAL PATTERN REQUIREMENTS

BREAKFAST			
Food Components and Food Items ¹	Ages 1 – 2	Ages 3 – 5	Ages 6 – 12 Ages 13 – 18^{2*} (*at risk/emergency shelter only)
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces
Vegetable, fruits, or portions of both ⁴	¼ cup	½ cup	½ cup
Grains (oz eq) ^{5, 6, 7}			
Whole grain-rich or enriched bread	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Whole grain-rich or enriched bread, such as biscuit, roll or muffin	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Whole grain-rich, enriched, or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}			
Flakes or rounds	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Puffed cereal	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Granola	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
<p>¹ Must serve all three components for a reimbursable meal.</p> <p>² Larger portion sizes than specified may be served to children 13 through 18 years old to meet their nutritional needs. Children 13 to 18 are claimable for at risk and emergency shelters only.</p> <p>³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1% or ½%) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1% or ½%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.</p> <p>⁴ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.</p> <p>⁵ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grain requirement.</p> <p>⁶ Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.</p> <p>⁸ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).</p>			

LUNCH/SUPPER

Food Components and Food Items 1	Ages 1 – 2	Ages 3 – 5	Ages 6 – 12 Ages 13 – 18 ^{2*} (*at risk/emergency shelter only)
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces
Meat/meat alternates			
Lean meat, poultry, or fish	1 ounce	1 ½ ounces	2 ounces
Tofu, soy product, or alternate protein product	1 ounce	1 ½ ounces	2 ounces
Cheese	1 ounce	1 ½ ounces	2 ounces
Large egg	½	¾	1
Cooked dry beans or peas	¼ cup	3/8 cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp
Yogurt, plain or unflavored unsweetened or sweetened ⁴	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%
Vegetables ⁵	1/8 cup	¼ cup	½ cup
Fruits ^{5, 6}	1/8 cup	¼ cup	¼ cup
Grains (oz eq) ^{7,8}			
Whole grain-rich or enriched bread	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent

¹ Must serve all five components for a reimbursable meal.

² Larger portion sizes than specified may be served to children 13 through 18 years old to meet their nutritional needs. Children 13 to 18 are claimable for at risk and emergency shelters only.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1% or ½%) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1% or ½%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁶ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁷ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grain requirement.

⁹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

SNACKS

Food Components and Food Items ¹	Ages 1 – 2	Ages 3 – 5	Ages 6 – 12 Ages 13 – 18 ^{2*} (*at risk/emergency shelter only)
Fluid Milk ³	4 fluid ounces	4 fluid ounces	8 fluid ounces
Meat/meat alternate			
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce
Tofu, soy product, or alternate protein products	½ ounce	½ ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce
Large egg	½	½	½
Cooked dry beans and peas	1/8 cup	1/8 cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁴	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce
Vegetables ⁵	½ cup	½ cup	¾ cup
Fruits ⁵	½ cup	½ cup	¾ cup
Grains (oz eq) ^{6,7}			
Whole grain-rich or enriched	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}			
Flakes or rounds	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Puffed cereal	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Granola	1½ ounce equivalent	½ ounce equivalent	1 ounce equivalent

¹ Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

² Larger portion sizes than specified may be served to children 13 through 18 years old to meet their nutritional needs. Children 13 to 18 are claimable for at risk and emergency shelters only.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1% or ½%) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1% or ½%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁶ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grain requirement.

⁸ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).