

# Meal Pattern for Children

Children age one and older must be served the total minimum amount of food authorized per meal type as stated below in order to qualify for reimbursement.

	breakfast <i>meat is optional at breakfast</i>			lunch & supper <i>need 2 different vegetables and/or fruits for lunch &amp; supper</i>			snack <i>select two different components</i>		
	1 & 2 year olds	3-5 year olds	6-12 year olds	1 & 2 year olds	3-5 year olds	6-12 year olds	1 & 2 year olds	3-5 year olds	6-12 year olds
<b>Fluid Milk</b> <i>use lowfat or fat free milk for children age 2 &amp; older</i>	1/2 cup	3/4 cup	1 cup	1/2 cup	3/4 cup	1 cup	1/2 cup	1/2 cup	1 cup
<b>Vegetable or Fruit or Juice</b>	1/4 cup	1/2 cup	1/2 cup	1/4 cup total	1/2 cup total	3/4 cup total	1/2 cup	1/2 cup	3/4 cup
<b>Grains/Breads</b>									
Bread, enriched or whole-grain	1/2 slice	1/2 slice	1 slice	1/2 slice	1/2 slice	1 slice	1/2 slice	1/2 slice	1 slice
Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup	1/4 cup	1/4 cup	1/2 cup	1/4 cup	1/4 cup	1/2 cup
Cold cereal, enriched or whole-grain	1/4 cup	1/3 cup	3/4 cup				1/4 cup	1/3 cup	3/4 cup
Hot cereal, enriched or whole-grain	1/4 cup	1/4 cup	1/2 cup	1/4 cup	1/4 cup	1/2 cup	1/4 cup	1/4 cup	1/2 cup
<b>Meat or Meat Alternate</b>									
Meat, poultry, fish or cheese				1 oz	1 1/2 oz	2 oz	1/2 oz	1/2 oz	1 oz
Yogurt				4 oz (1/2 cup)	6 oz (3/4 cup)	8 oz (1 cup)	2 oz	2 oz	4 oz
Nuts or seeds				1/2 oz	3/4 oz	1 oz	1/2 oz	1/2 oz	1 oz
Large egg				1/2 egg	3/4 egg	1 egg	1/2 egg	1/2 egg	1/2 egg
Cooked dry beans or peas				1/4 cup	3/8 cup	1/2 cup	1/8 cup	1/8 cup	1/4 cup
Peanut butter and other nut/seed butters				2 Tbsp	3 Tbsp	4 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp

### If serving juice

Juice must be 100% fruit/vegetable juice. To help insure that children eat the other meal components, it is recommended that juice be served no more than once a day.

**At lunch or supper,** fruit juice cannot be used to meet more than one-half of the serving requirement.

**At snack,** juice must not be served when milk is served as the only other component.

### If serving dry cereal for breakfast or snack

**For ages 1 & 2 years, serve:** 1/4 cup (volume) or 1/3 oz (weight), whichever is less.

**For ages 3-5 years, serve:** 1/3 cup (volume) or 1/2 oz (weight), whichever is less.

**For ages 6-12 years, serve:** 3/4 cup (volume) or 1 oz (weight), whichever is less.

### If serving nuts & seeds

**At lunch/supper,** nuts and seeds may fulfill up to one-half of the total serving of the meat/meat alternate requirement.

**At snack,** nuts and seeds may fulfill all of the meat/meat alternate requirement.

**For determining combinations,** 1 oz of nuts or seeds = 1 oz of cooked lean meat, poultry, or fish.

**CAUTION!** Children under 4 years of age are at a high risk of choking. Use ground or finely chopped nuts and seeds in meal preparation. Spread peanut butter thinly.