

MEAL PATTERN FOR CHILDREN

BREAKFAST	Children 1 - 2 years	Children 3 - 5 years	Children 6 - 12 years
Milk , fluid ¹	1/2 cup	3/4 cup	1 cup
Fruit or vegetable ²	1/4 cup	1/2 cup	1/2 cup
Grain ³ or Meat/meat alternate ⁴			
Bread; whole grain-rich or enriched	1/2 slice	1/2 slice	1 slice
Cereal; cold, dry ⁵ or hot, cooked ⁵	1/4 cup 1/4 cup	1/3 cup 1/4 cup	3/4 cup 1/2 cup
Lean meat, poultry, or fish	1/2 ounce	1/2 ounce	1 ounce
Large egg	1/2	1/2	1/2
Yogurt ⁶	1/4 cup (2 ounces)	1/4 cup (2 ounces)	1/2 cup (4 ounces)

SNACK (select 2 of 5 components)

Milk , fluid ¹	1/2 cup	1/2 cup	1 cup
Meat/meat alternate	1/2 ounce	1/2 ounce	1 ounce
Nut butter	1 Tablespoon	1 Tablespoon	2 Tablespoon
Yogurt ⁶	1/4 cup (2 ounces)	1/4 cup (2 ounces)	1/2 cup (4 ounces)
Fruit ²	1/2 cup	1/2 cup	3/4 cup
Vegetable ²	1/2 cup	1/2 cup	3/4 cup
Grain ³			
Bread; whole grain-rich or enriched	1/2 slice	1/2 slice	1 slice
Cereal; cold, dry ⁵	1/4 cup	1/3 cup	3/4 cup

LUNCH OR SUPPER

Milk , fluid ¹	1/2 cup	3/4 cup	1 cup
Meat/meat alternate			
Lean Meat, poultry, fish or tofu	1 ounce	1 1/2 ounces	2 ounces
Cheese	1 ounce	1 1/2 ounces	2 ounces
Large Egg	1/2	3/4	1
Cooked dry beans/peas	1/4 cup	3/8 cup	1/2 cup
Nut or seed butters	2 tablespoons	3 tablespoons	4 tablespoons
Yogurt ⁶	1/2 cup (4 ounces)	3/4 cup (6 ounces)	1 cup (8 ounces)
Nuts and/or seeds	1/2 ounce = 50%	3/4 ounce = 50%	1 ounce = 50%
Vegetable	1/8 cup	1/4 cup	1/2 cup
Fruit or second vegetable	1/8 cup	1/4 cup	1/4 cup
Grain ³			
Bread; whole grain-rich or enriched	1/2 slice	1/2 slice	1 slice
Pasta or rice	1/4 cup	1/4 cup	1/2 cup

(1) Unflavored whole milk only for children age one, Unflavored low-fat (1%) or fat-free (skim) milk for children over age two. **(2)** Juice is limited to one time per day. **(3)** At least one serving per day must be whole grain-rich. **(4)** Meat/meat alternates may replace the grain component a maximum of three times per week. **(5)** Breakfast cereals must contain no more than 6 grams of total sugar per dry ounce (no more than 21.2 grams sugar per 100 grams of dry ounce cereal). **(6)** Yogurt may contain no more than 23 grams of total sugar per 6 ounces.

To calculate sugar content in cereal:

Locate Nutrition Facts Panel on package.

Divide grams of sugar by serving size in grams.

(Less than or equal to 0.212 is creditable)

To calculate sugar content in yogurt:

Locate Nutrition Facts Panel on package.

Divide grams of sugar by serving size in ounces.

(Less than 3.83 grams of sugar per ounce is creditable)

-OR-

YOGURT SUGAR LIMITS	
SERVING SIZE	SUGAR LIMITS
2.25 ounces	0-8 grams
3.5 ounces	0-13 grams
4 ounces	0-15 grams
6 ounces	0-23 grams
8 ounces	0-30 grams

Whole Grain-Rich:

- 100% whole grain listed on product label

and/or

- Whole grain is the first ingredient listed with no other grains listed OR remaining grain products are whole grain and/or enriched.

Whole Grain-Rich Examples: oatmeal, brown rice, quinoa, whole wheat bread, whole wheat pasta, whole wheat crackers, etc.

Tofu (must be identifiable)

- 2.2 ounces (1/4 cup) of commercially prepared tofu, containing at least 5 grams of protein, is creditable as 1.0 ounce equivalent meat alternate.