

# BREAKFAST MEAT/MEAT ALTERNATE

## MEAT/MEAT ALTERNATE AT BREAKFAST

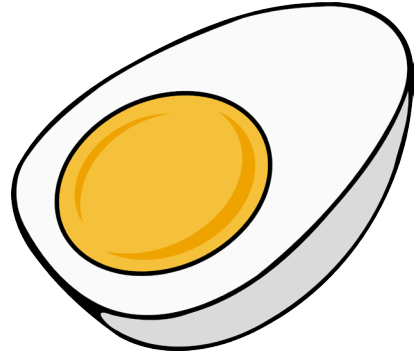
May be served in place of a grain no more than three times per week.

1-5 year olds: 1/2 slice of bread = 1/2 serving grain = 0.5 oz MMA

6-12 year olds: 1 slice of bread = 1 serving grain = 1 oz MMA

### Possible meat/meat alternates at breakfast (1-5 years):

- 1/4 cup yogurt (no more than 23 grams sugar per 6 oz)
- 1/2 egg
- 0.5 oz cheese
- 1/4 cup cottage cheese
- 1 Tablespoon peanut butter
- 1/8 cup beans
- 0.5 oz meat, poultry or fish



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