

LUNCH or SUPPER Child Care Meal Pattern

Must Serve All Five Components

Food Components	Ages 1-2	Ages 3-5	Ages 6-12¹
Fluid milk²	½ cup	¾ cup	1 cup
Vegetables^{3, 4}	⅛ cup	¼ cup	½ cup
Fruits^{3, 4}	⅛ cup	¼ cup	¼ cup
Grains (ounce equivalent)^{5, 6}			
Bread	½ slice	½ slice	1 slice
Bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving
Hot cooked cereal ⁷ , cereal grain or pasta	¼ cup	¼ cup	½ cup
Meat/meat alternates			
Lean meat, poultry or fish	1 oz.	1 ½ oz.	2 oz.
Tofu ⁸ , soy product or alternate protein products ⁹	1 oz. eq.	1 ½ oz. eq.	2 oz. eq.
Cheese	1 oz.	1 ½ oz.	2 oz.
Large egg	½	¾	1
Cooked dry beans or peas	¼ cup	3/8 cup	½ cup
Peanut, soy or other nut or seed butters ¹⁰	2 Tbsp.	3 Tbsp.	4 Tbsp.
Peanuts, soy or tree nuts, or seeds ¹⁰	½ oz = 50%	¾ oz = 50%	1 oz = 50%
Yogurt, plain or flavored, unsweetened or sweetened ¹¹	4 oz. or ½ cup	6 oz. or ¾ cup	8 oz. or 1 cup

¹ Children age 13 and older may be served larger portions based on their greater food needs.

² For children age 1, milk must be unflavored whole milk. For children 2 through 5 years old, milk must be unflavored lowfat (1%) or unflavored fat-free (skim). For children 6 years and older, milk must be unflavored lowfat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk.

³ Pasteurized, 100%, full-strength juice may be used to meet the vegetable or fruit requirement at only one eating occasion per day, including snacks.

⁴ A vegetable may be used to meet the entire fruit requirement. When 2 vegetables are served at lunch or supper, 2 different kinds of vegetables must be served.

⁵ Breads and grains must be whole-grain or enriched. Cereal must be whole-grain, enriched or fortified. When grain items are served, there must be at least one serving of grain that is whole grain rich per day. Grain based desserts do not count towards meeting the grains requirement.

⁶ Beginning October 1, 2019, ounce equivalents will be used to determine the quantity of creditable grains.

⁷ Breakfast cereals must contain no more than 6 grams of total sugars per dry ounce.

⁸ 2.2 ounces of tofu (¼ cup) containing at least 5 grams of protein is creditable as 1.0 oz. eq. meat alternate.

⁹ Alternate protein products must meet the requirements in Appendix A to Part 226.

¹⁰ Nuts and seeds may meet only 50% of the total meat/meat alternate serving and must be combined with another meat/meat alternate where 1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry or fish.

¹¹ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.