

SNACK Child Care Meal Pattern

Must Serve Two of the Five Components

Food Components¹	Ages 1-2	Ages 3-5	Ages 6-12²
Fluid milk³	½ cup	½ cup	1 cup
Vegetables⁴	½ cup	½ cup	¾ cup
Fruits⁴	½ cup	½ cup	¾ 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
Cold, dry, ready-to-eat cereal ^{7, 8}			
Flakes or rounds	½ cup	½ cup	1 cup
Puffed cereal	¾ cup	¾ cup	1¼ cup
Granola	⅛ cup	⅛ cup	¼ cup
Meat/meat alternates			
Lean meat, poultry or fish	½ oz.	½ oz.	1 oz.
Tofu ⁹ , soy product or alternate protein products ¹⁰	½ oz. eq.	½ oz. eq.	1 oz. eq.
Cheese	½ oz.	½ oz.	1 oz.
Large egg	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup
Peanut, soy or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.
Peanuts, soy or tree nuts, or seeds	½ oz	½ oz	1 oz
Yogurt, plain or flavored, unsweetened or sweetened ¹¹	2 oz. or ¼ cup	2 oz. or ¼ cup	4 oz. or ½ cup

¹ Only one of the two components may be a beverage.

² Children age 13 and older may be served larger portions based on their greater food needs.

³ 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.

⁴ Pasteurized, 100%, full-strength juice may be used to meet the vegetable or fruit requirement at only one eating occasion per day, including snacks.

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 Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereal is ¼ cup for children ages 1-2; ½ cup for children ages 3-5; and ¾ cup for children 6-12.

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

¹⁰ Alternate protein products must meet the requirements in Appendix A to Part 226.

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