

Child Care Meal Pattern

Minimum Component Requirements

| Snack for CHILDREN Must Select Two of the Four Components | | | |
|--|-----------------|-----------------|------------------------------|
| Food Components | Ages 1-2 | Ages 3-5 | Ages 6-12¹ |
| 1 milk fluid milk | ½ cup | ½ cup | 1 cup |
| 1 fruit and/or vegetable juice, ² fruit and/or vegetable | ½ cup | ½ cup | ¾ cup |
| 1 grains or bread³ bread or | ½ slice | ½ slice | 1 slice |
| cornbread or biscuit or roll or muffin or | ½ serving | ½ serving | 1 serving |
| cold dry cereal or | ¼ cup | 1/3 cup | ¾ cup |
| hot cooked cereal or | ¼ cup | ¼ cup | ½ cup |
| pasta or noodles or grains | ¼ cup | ¼ cup | ½ cup |
| 1 meat or meat alternate meat or poultry or fish ⁴ or | ½ oz. | ½ oz. | 1 oz. |
| alternate protein product or | ½ oz. | ½ oz. | 1 oz. |
| cheese or | ½ oz. | ½ oz. | 1 oz. |
| egg or | ½ | ½ | ½ |
| cooked dry beans or peas or | 1/8 cup | 1/8 cup | ¼ cup |
| peanut or other nut or seed butters or | 1 Tbsp. | 1 Tbsp. | 2 Tbsp. |
| nuts and/or seeds or | ½ oz. | ½ oz. | 1 oz. |
| yogurt ⁵ | 2 oz. | 2 oz. | 4 oz. |
| ¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column. ² Fruit or vegetable juice must be full-strength. Juice cannot be served when milk is the only other snack component. ³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified. ⁴ A serving consists of the edible portion of cooked lean meat poultry or fish. ⁵ Yogurt may be plain or flavored, unsweetened or sweetened. * When two snacks are served at least one of those snacks shall include milk or its calcium equivalent. | | | |