

# Child Care Meal Pattern

## Minimum Component Requirements

| <b>LUNCH OR SUPPER for CHILDREN</b><br><b>Must Select All Four Components</b>  |                 |                 |                              |
|--|-----------------|-----------------|------------------------------|
| <b>Food Components</b>   | <b>Ages 1-2</b> | <b>Ages 3-5</b> | <b>Ages 6-12<sup>1</sup></b> |
| <b>1 milk</b><br>fluid milk  | ½ cup           | ¾ cup           | 1 cup                        |
| <b>2 fruits and/or vegetables</b><br>juice, <sup>2</sup> fruit and/or vegetable  | ¼ cup           | ½ cup           | ¾ cup                        |
| <b>1 grains or bread<sup>3</sup></b><br>bread or   | ½ slice         | ½ slice         | 1 slice                      |
| cornbread or biscuit or roll or muffin<br>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                        |
| <b>1 meat or meat alternate</b><br>meat or poultry or fish <sup>4</sup> or   | 1 oz.           | 1 ½ oz.         | 2 oz.                        |
| alternate protein products or  | 1 oz.           | 1 ½ oz.         | 2 oz.                        |
| cheese or  | 1 oz.           | 1 ½ oz.         | 2 oz.                        |
| egg or   | ½               | ¾               | 1                            |
| cooked dry beans or peas or  | ¼ cup           | 3/8 cup         | ½ cup                        |
| peanut or other nut or seed butters or   | 2 Tbsp.         | 3 Tbsp.         | 4 Tbsp.                      |
| nuts and/or seeds <sup>5</sup> or  | ½ oz.           | ¾ oz.           | 1 oz.                        |
| yogurt <sup>6</sup>  | 4 oz.           | 6 oz.           | 8 oz.                        |
| <sup>1</sup> 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 in this column.<br><sup>2</sup> Fruit or vegetable juice must be full-strength<br><sup>3</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.<br><sup>4</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.<br><sup>5</sup> Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement<br><sup>6</sup> Yogurt may be plain or flavored, unsweetened or sweetened. |                 |                 |                              |

## Lunch or Supper Menu Template

\*Must include all 4 food components.

| Food Components  | Portion<br>per child<br>1-2 yrs | Portion<br>per child<br>3-5 yrs | Portion<br>per child<br>6-12 yrs | Monday<br>Date: | Tuesday<br>Date: | Wednesday<br>Date: | Thursday<br>Date: | Friday<br>Date: |
|--|---------------------------------|---------------------------------|----------------------------------|-----------------|------------------|--------------------|-------------------|-----------------|
|  |                                 |                                 |                                  | Food Item       | Food Item        | Food Item          | Food Item         | Food Item       |
| <u>1 Milk</u> , fluid  |                                 |                                 |                                  |                 |                  |                    |                   |                 |
|  |                                 |                                 |                                  |                 |                  |                    |                   |                 |
| <u>2 Fruits / Veggies</u>  |                                 |                                 |                                  |                 |                  |                    |                   |                 |
|  |                                 |                                 |                                  |                 |                  |                    |                   |                 |
| <u>1 Grain / Bread</u><br>•Bread<br>(serv or slice) OR<br>•Cold cereal OR<br>•Hot cereal OR<br>•Pasta, Rice  |                                 |                                 |                                  |                 |                  |                    |                   |                 |
|  |                                 |                                 |                                  |                 |                  |                    |                   |                 |
| <u>1 Meat / Meat alternate</u><br>•meat, poultry, fish OR<br>•cheese OR<br>•egg OR<br>•beans or peas OR<br>•nut or seed butters OR<br>•nuts & / or seeds OR<br>•yogurt |                                 |                                 |                                  |                 |                  |                    |                   |                 |

\*\*Refer to “Instructions for using the Lunch Menu Template”  
for further guidance on menu planning, available at: <http://www.ctahr.hawaii.edu/new/hccnp/>