



# Meal Pattern for Children

		Ages 1-2 yrs.	Ages 3-5 yrs.	Ages 6-12 yrs ①	
<b>Breakfast</b>	1 Milk, fluid	½ cup	¾ cup	1 cup	
	1 Fruit or vegetable juice②, fruit and/or vegetable	¼ cup	½ cup	½ cup	
	1 Grains/Breads③ or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	½ slice ½ serving ¼ cup ¼ cup ¼ cup	½ slice ½ serving ⅓ cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup ½ cup ½ cup	
	<b>Snack</b>  Select 2 of the 4 components	1 Milk, fluid	½ cup	½ cup	1 cup
		1 Fruit or vegetable juice④, fruit and/or vegetable	½ cup	½ cup	¾ cup
		1 Grains/Breads③ or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	½ slice ½ serving ¼ cup ¼ cup ¼ cup	½ slice ½ serving ⅓ cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup ½ cup ½ cup
1 Meat/Meat Alternate meat or poultry or fish④ or alternate protein product or cheese or egg⑤ or cooked dry beans or peas or peanut or other nut or seed butters or nuts and/or seeds or yogurt⑥		 ½ ounce ½ ounce ½ ounce ½ ⅛ cup 1 tablespoon ½ ounce ¼ cup	 ½ ounce ½ ounce ½ ounce ½ ⅛ cup 1 tablespoon ½ ounce ¼ cup	 1 ounce 1 ounce 1 ounce ½ ¼ cup 2 tablespoons 1 ounce ½ cup	
<b>Lunch or Dinner</b>		1 Milk, fluid	½ cup	¾ cup	1 cup
		2 Fruit or vegetable juice④, fruit and/or vegetable	¼ cup	½ cup	¾ cup
		1 Grains/Breads③ or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	½ slice ½ serving ¼ cup ¼ cup ¼ cup	½ slice ½ serving ⅓ cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup ½ cup ½ cup
		1 Meat/Meat Alternate meat or poultry or fish④ or alternate protein product or cheese or egg⑤ or cooked dry beans or peas or peanut or other nut or seed butters or nuts and/or seeds or yogurt⑥	 1 ounce 1 ounce 1 ounce ½ ¼ cup 2 tablespoons 2 Tbsp ½ cup	 1½ ounces 1½ ounces 1½ ounces ¾ ⅜ cup 3 tablespoons 3 Tbsp ¾ cup	 2 ounces 2 ounces 2 ounces 1 ½ cup 4 tablespoons 4 Tbsp 1 cup

① Children 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. Cereals must be whole-grain or enriched or fortified.

④ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⑤ 1/2 egg meets the required minimum amount (one ounce or less) of meat alternative. Nut butters may meet only 1/2 of the total meat alternative serving and must be combined with another meat alternative to fulfill lunch or dinner requirements.

⑥ Yogurt may be plain or flavored, unsweetened or sweetened.

☒ Note: Military providers are not allowed to serve peanut butter.