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MEAL PATTERN REQUIREMENTS FOR CHILDREN AGES 1 THROUGH 12 YEARS

AGE	Children 1-2 Years of Age	Children 3-5 Years of Age	Children 6-12 Years of Age
BREAKFAST			
Milk *	1/2 cup	3/4 cup	1 cup
Vegetable or Fruit or Juice (100%)	1/4 cup	1/2 cup	1/2 cup
Grains/Breads (enriched or whole grain)	1/2 slice* (or 1/2 serving)	1/2 slice* (or 1/2 serving)	1 slice* (or 1 serving)
- or cold dry cereal	1/4 cup (or 1/3 oz.)	1/3 cup (or 1/2 oz.)	3/4 cup (or 1 oz.)
- or cooked cereal	1/4 cup	1/4 cup	1/2 cup
SNACK (select two of the following four components)			
Milk *	1/2 cup	1/2 cup	1 cup
Vegetable or Fruit or Juice (100%)**	1/2 cup	1/2 cup	3/4 cup
Meat or meat alternative	1/2 ounce	1/2 ounce	1 ounce
- or yogurt (plain or sweetened)**	2 oz (or 1/4 cup)	2 oz (or 1/4 cup)	4 oz (or 1/2 cup)
Grains/Breads (enriched or whole grain)	1/2 slice* (or 1/2 serving)	1/2 slice* (or 1/2 serving)	1 slice* (or 1 serving)
LUNCH/SUPPER			
Milk *	1/2 cup	3/4 cup	1 cup
Meat or poultry or fish	1 ounce	1 1/2 ounce	2 ounces
- or cheese	1 ounce	1 1/2 ounces	2 ounces
- or cottage cheese, cheese food, or cheese spread	2 ounces (1/4 cup)	3 ounces (3/8 cup)	4 ounces (1/2 cup)
- or egg	1 egg	1 egg	1 egg
- or cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup
- or peanut butter, soy nut butter or nut or seed butters	2 Tablespoons	3 Tablespoons	4 Tablespoons
- or peanuts, soy nuts, tree nuts or seeds	1/2 ounce	3/4 ounce	1 ounce
- or yogurt	4 ounces (or 1/2 cup)	6 ounces (or 3/4 cup)	8 ounces (or 1 cup)
- or an equivalent quantity of any combination of the above meat/meat alternative			
Vegetables and/or Fruits (2 or More)	1/4 cup (total)	1/2 cup (total)	3/4 cup (total)

Grains/Breads (enriched or whole grain)	1/2 slice* (or 1/2 serving)	1/2 slice* (or 1/2 serving)	1 slice* (or 1 serving)
POINTS TO REMEMBER: · Keep menu production records. · The required amount of each food must be served. · Use full-strength (100%) juice.	* Or an equivalent serving of an acceptable grains/breads such as cornbread, biscuits, rolls, muffins, etc., made of whole grain or enriched meal or flour, or a serving of cooked enriched or whole grain rice or macaroni or other pasta products. ** For snack, juice or yogurt may not be served when milk is served as the only other component.		

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