

MEAL PATTERN FOR CHILDREN

BREAKFAST	Children 1 and 2 years	Children 3 through 5 years	Children 6 through 12 years
Milk, fluid	1/2 cup	3/4 cup	1 cup
Full strength juice, fruit or vegetable	1/4 cup	1/2 cup	1/2 cup
Grains/breads	1/2 slice	1/2 slice	1 slice
Cereal: cold, dry hot, cooked	1/4 cup or 1/3 ounce 1/4 cup	1/3 cup or 1/2 ounce 1/4 cup	3/4 cup or 1 ounce 1/2 cup
Cornbread, biscuits, rolls, muffins, etc	1/2 serving	1/2 serving	1 serving
Cooked pasta/noodle products	1/4 cup	1/4 cup	1/2 cup
SNACK (select 2 of 4 components)			
Milk, fluid	1/2 cup	1/2 cup	1 cup
Full strength juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup
Meat or meat alternate	1/2 ounce	1/2 ounce	1 ounce
Cottage Cheese, cheese food, or cheese spread	1/4 cup or 2 ounces	3/8 cup or 3 ounces	1/2 cup or 4 ounces
Egg, large	1/2 egg	1/2 egg	1/2 egg
Cooked dry beans/peas	1/8 cup	1/8 cup	1/4 cup
Peanut or other nut or seed butters	1 tablespoon	1 tablespoon	2 tablespoon
Nuts and/or seeds	1/2 ounce	1/2 ounce	1 ounce
Yogurt, plain or flavored	1/4 cup or 2 ounces	1/4 cup or 2 ounces	1/2 cup or 4 ounces
Alternate Protein Products	1/2 ounce	1/2 ounce	1 ounce
Grains/breads	1/2 slice	1/2 slice	1 slice
Bread, enriched or whole grain	1/2 slice	1/2 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc	1/2 serving	1/2 serving	1 serving
Cereal: cold, dry hot, cooked	1/4 cup or 1/3 ounce 1/4 cup	1/3 cup or 1/2 ounce 1/4 cup	3/4 cup or 1 ounce 1/2 cup
LUNCH OR SUPPER			
Milk, fluid	1/2 cup	3/4 cup	1 cup
Meat or meat alternate	1 ounce	1 1/2 ounce	2 ounces
Meat, poultry, fish, cheese	1 ounce	1 1/2 ounce	2 ounces
Alternate Protein Products	1 ounce	1 1/2 ounce	2 ounces
Cottage Cheese, cheese food, or cheese spread	1/4 cup or 2 ounces	3/8 cup or 3 ounces	1/2 cup or 4 ounces
Egg, large	1/2 egg	3/4 egg	1 egg
Cooked dry beans/peas	1/4 cup	3/8 cup	1/2 cup
Peanut or other nut or seed butters	2 tablespoons	3 tablespoons	4 tablespoons
Nuts and/or seeds	1/2 ounce = 50%	3/4 ounce = 50%	1 ounce = 50%
Yogurt, plain or flavored	1/2 cup or 4 ounces	3/4 cup or 6 ounces	1 cup or 8 ounces
Vegetable and/or fruit (2 or more)	1/4 cup total	1/2 cup total	3/4 cup total
Grains/breads	1/2 slice	1/2 slice	1 slice
Bread, enriched or whole grain	1/2 slice	1/2 slice	1 slice
Cereal: cold, dry hot, cooked	1/4 cup or 1/3 ounce 1/4 cup	1/3 cup or 1/2 ounce 1/4 cup	3/4 cup or 1 ounce 1/2 cup
Cornbread, biscuits, rolls, muffins, etc	1/2 serving	1/2 serving	1 serving
Cooked pasta/noodle/grain products	1/4 cup	1/4 cup	1/2 cup

Child and Adult Care Food Program