



Child (12 months and older) Meal Pattern Lunch or Supper

Food Components	Ages 1-2 yrs.	Ages 3-5 yrs.	Ages 6-12 yrs.
1 milk (fluid milk)	1/2 cup (whole)	3/4 cup	1 cup
2 fruits/vegetables (a)	1/4 cup	1/2 cup	3/4 cup
1 grains/bread (b)			
• bread or	1/2 slice	1/2 slice	1 slice
• cornbread or biscuit or roll or muffin or	1/2 serving	1/2 serving	1 serving
• cold dry cereal or	1/4 cup	1/3 cup	3/4 cup
• hot cooked cereal or	1/4 cup	1/4 cup	1/2 cup
• pasta or noodles or grains	1/4 cup	1/4 cup	1/2 cup
1 meat/meat alternate			
• meat or poultry or fish (c) or	1 ounce	1 1/2 ounces	2 ounces
• cheese or	1 ounce	1 1/2 ounces	2 ounces
• egg or	1/2 large egg	3/4 large egg	1 large egg
• cooked dry beans or peas or	1/4 cup	3/8 cup	1/2 cup
• peanut or other nut or seed butters or	2 Tbsp.	3 Tbsp.	4 Tbsp.
• nuts and/or seeds (d) or	1/2 ounce	3/4 ounce	1 ounce
• yogurt (e) or	1/2 cup	3/4 cup	1 cup
• cottage cheese	1/4 cup	6 Tbsp.	1/2 cup

Children age 12 yrs. and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed for their age above.

(a) Fruit or vegetable juice must be full-strength. Two separate fruits components must be served to total the portion listed for the specific age groups.

(b) Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

(c) A serving consists of the edible portion of cooked lean meat, poultry, or fish.

(d) 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. Acorns, chestnuts, and coconuts cannot be used as a meat alternate due to their extremely low protein content.

(e) Yogurt may be plain or flavored, unsweetened or sweetened.