



Child (12 months and older) Meal Pattern Snack

Select 2 of the 4 Components for a Reimbursable Snack

Food Components	Ages 1-2 yrs.	Ages 3-5 yrs.	Ages 6-12 yrs.
1 milk (fluid milk)	1/2 cup (whole)	1/2 cup	1 cup
1 fruits/vegetables • Juice or fruit or vegetable (a)	1/2 cup	1/2 cup	3/4 cup
1 grains/bread (b) • bread or • cornbread or biscuit or roll or muffin or • cold dry cereal or • hot cooked cereal or • pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
1 meat/meat alternate • meat or poultry or fish (c) or • cheese or • egg (d) or • cooked dry beans or peas or • peanut or other nut or seed butters or • nuts and/or seeds (e) or • yogurt (f) or • cottage cheese	1/2 ounce 1/2 ounce 1/2 large egg 1/8 cup 1 Tbsp. 1/2 ounce 1/4 cup 2 Tbsp.	1/2 ounce 1/2 ounce 1/2 large egg 1/8 cup 1 Tbsp. 1/2 ounce 1/4 cup 3 Tbsp.	1 ounce 1 ounce 1/2 large egg 1/4 cup 2 Tbsp. 1 ounce 1/2 cup 1/4 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. Juice cannot be served when milk is the only other snack component served.
- (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) One half egg meets the minimum amount (one ounce or less) of meat alternate.
- (e) Acorns, chestnuts, and coconuts cannot be used as a meat alternate due to their extremely low protein content.
- (f) Yogurt may be plain or flavored, unsweetened or sweetened.