












USDA Meal Pattern Requirements

Meal		Food Served	Age 1 through 2	Age 3 through 5	Age 6 through 12
Breakfast		Juice ¹ or Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup
		Bread (whole grain or enriched) <i>or</i>	1/2 slice	1/2 slice	1 slice
		Cereal <i>or</i>	1/4 cup	1/3 cup	3/4 cup
		Hot Cereal or Grains or Pasta <i>or</i>	1/4 cup	1/4 cup	1/2 cup
		Bread Alt., i.e., Biscuit, Muffin, Roll	1/2 serving	1/2 serving	1 serving
		Milk ²	1/2 cup	3/4 cup	1 cup
Snack (Serve 2 of the 4 groups)		Juice ¹ or Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup
		Bread (whole grain or enriched) <i>or</i>	1/2 slice	1/2 slice	1 slice
		Dry Cereal or	1/4 cup	1/3 cup	3/4 cup
		Hot Cereal or Grains or Pasta <i>or</i>	1/4 cup	1/4 cup	1/2 cup
		Bread Alt., i.e., Biscuit, Muffin, Roll	1/2 serving	1/2 serving	1 serving
		Meat or Poultry or Fish or Cheese <i>or</i>	1/2 oz.	1/2 oz.	1 oz.
		Eggs ³ <i>or</i>	1/2 egg	1/2 egg	1/2 egg
		Peanut Butter <i>or</i>	1 Tbsp.	1 Tbsp.	2 Tbsp.
		Cooked Dry Beans or Dry Peas <i>or</i>	1/8 cup	1/8 cup	1/4 cup
		Nuts and/or Seeds ⁴ <i>or</i>	1/2 oz.	1/2 oz.	1 oz.
		Yogurt	2 oz.	2 oz.	4 oz.
	Milk ²	1/2 cup	1/2 cup	1 cup	
Lunch/Supper		Meat or Poultry or Fish or Cheese <i>or</i>	1 oz.	1-1/2 oz.	2 oz.
		Eggs <i>or</i>	1/2 egg	3/4 egg	1 egg
		Peanut Butter <i>or</i>	2 Tbsp.	3 Tbsp.	4 Tbsp.
		Cooked Dry Beans or Dry Peas <i>or</i>	1/4 cup	3/8 cup	1/2 cup
		Nuts and/or Seeds ⁴ <i>or</i>	1/2 oz.	3/4 oz.	1 oz.
		Yogurt	4 oz.	6 oz.	8 oz.
		Choose two <u>different</u> vegetables and/or fruits to equal the following portions...	1/4 cup	1/2 cup	3/4 cup
		Bread (whole grain or enriched) <i>or</i>	1/2 slice	1/2 slice	1 slice
		Cooked Grains or Bread <i>or</i>	1/4 cup	1/4 cup	1/2 cup
		Bread Alt., i.e., Biscuit, Muffin, Roll	1/2 serving	1/2 serving	1 serving
		Milk ²	1/2 cup	3/4 cup	1 cup

¹ Fruit or vegetable juice must be 100% juice. Juice cannot be served when milk is the only other component for snack.

² Children who are one year old, until they turn two, must be served whole milk, unless a diet statement is provided.

³ One-half egg meets the required minimum amount (1 oz. or less) of meat alternate for snack.

⁴ 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.

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