

Nutritional Requirements			
Food Group	1	3-5	6-12
Grains	4 1/2 cups	5 cups	8 cups
Vegetables	1 1/2 cups	1 1/2 cups	2 cups
Fruit	1 1/2 cups	1 1/2 cups	2 cups
Dairy	1 1/2 cups	1 1/2 cups	2 cups
Protein	1/2 cup	3/4 cup	1 cup
Other	1/4 cup	1/4 cup	1/2 cup
Yogurt	2 cups	3 cups	4 cups
Yogurt (50% fat free)	4 1/2 cups or 1/2	6 1/2 cups or 3/4	8 1/2 cups or 1
Vegetables	1/2 cup	1/2 cup	1/2 cup
Fruit	1/2 cup	1/4 cup	1/4 cup
Grains (equivalent)	1/2 cup	1/2 cup	1 cup
Grains (equivalent)	1/2 cup	1/2 cup	1 cup
Grains (equivalent)	1/4 cup	1/4 cup	1/2 cup

¹ BYLUMWGRRSVMDLGDPRDH

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ WUWDEGHHRQLDSDDXERRNOMHQLDBK

OLEHHMPQLDSDDXERRDQXREERRHONQLDMD

HDLDOLEHHMPQLDSDDXERRDQXREERRHONQLDMD

⁴ RUSWVWDRDLWKUONUWVQFSOLURQKRWESpQLHQBWDWH

⁵ (ORWGWVHQLPGRHPRWVDRRQ

⁶ (OMKWLDRKQLOKUSKMPVSDSOLURQKRWVGMWDRWQ

REySRGtQPSRWQFOGHLGMHLQD

⁷ 8QWDSKMNDSOLURVGRUMLWVGHWNUNUYQKHWDRPQR

GMYLUGELWLQWLSKMWDM

⁸ 3RORREySRGtQKHGQPRHQLQOMULRRVHDM

SMUQRNQBUMWVHRQ

⁹ \$DWLUGHSULPHRWKHNiYDQNDOWHPLQODLGGHQLWDM

¹⁰ /RGNWVHQLPGRHPRWVDRRQ

MHPRRQDDPRHGM

CHILD MEAL PATTERN

Snack				
(Select two of the five components for a reimbursable snack)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	
Fluid Milk³	4 fluid ounces	4 fluid ounces	8 fluid ounces	
Meat/meat alternates				
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	
Tofu, soy product, or alternate protein products ⁴	½ ounce	½ ounce	1 ounce	
Cheese	½ ounce	½ ounce	1 ounce	
Large egg	½	½	½	
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce	
Vegetables⁶	½ cup	½ cup	¾ cup	
Fruits⁶	½ cup	½ cup	¾ cup	
Grains (oz eq)^{7,8}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}				
Flakes or rounds	½ cup	½ cup	1 cup	
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	
Granola	⅛ cup	⅛ cup	¼ cup	

¹ Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁸ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

¹⁰ Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-12.