

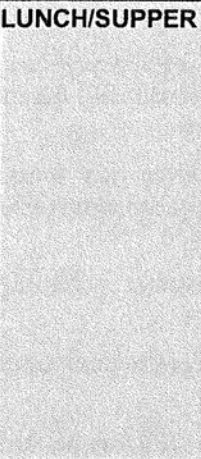


CHILD CARE FOOD PROGRAM MEAL PATTERN

FOOD CHART		AGE 1 up to 2	AGE 3 up to 5	AGE 6 up to 12
	BREAKFAST			
	Milk	1/2 cup	3/4 cup	1 cup
	Fruit, Vegetable, or 100% Juice	1/4 cup	1/2 cup	1/2 cup
	Bread or Bread Alternate	1/2 slice*	1/2 slice*	1 slice*
	or rolls, muffins, etc or Cold Dry Cereal or Cooked Cereal, Pasta, Noodle product	1/2 serving 1/4 cup (1/3 oz) 1/4 cup	1/2 serving 1/3 cup (1/2 oz) 1/4 cup	1 serving 3/4 cup (1 oz) 1/2 cup
	SNACK			
	Select 2 out of 4 components			
	Milk	1/2 cup	1/2 cup	1 cup
	Fruit, Vegetable, or 100% Juice	1/2 cup	1/2 cup	3/4 cup
	Lean Meat, fish or poultry (edible portion as served)	1/2 ounce	1/2 ounce	1 ounce
	or cheese (natural or processed)	1/2 ounce	1/2 ounce	1 ounce
	or cottage cheese, cheese food/spread substitute	1/8 cup or 1 oz	1/8 cup or 1 oz	1/4 cup or 2 oz
	or egg (large)	1 egg	1 egg	1 egg
	or yogurt, plain or flavored, unsweetened or sweetened	1/4 cup	1/4 cup	1/2 cup
	or cooked dried beans or dried peas*	1/8 cup	1/8 cup	1/4 cup
	or peanut butter, reduced-fat peanut butter, soynut butter, or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
or peanuts, soynuts, tree nuts, roasted peas, or seeds or an equivalent quantity of any combination of the above meat/meat alternatives.	1/2 ounce	1/2 ounce	1 ounce	
Bread or Bread Alternate	1/2 slice*	1/2 slice*	1 slice*	
or rolls, muffins, etc	1/2 serving	1/2 serving	1 serving	
or Cold Dry Cereal (volume or weight, whichever is less)	1/4 cup (1/3 oz)	1/3 cup (1/2 oz)	3/4 cup (1 oz)	
or Cooked Cereal, Pasta, Noodle product or cereal grains	1/4 cup	1/4 cup	1/2 cup	
	LUNCH/SUPPER			
	Milk	1/2 cup	3/4 cup	1 cup
	Meat or Poultry or Fish or Cheese or Cottage Cheese, cheese food/spread or Egg (large) or or yogurt, plain or flavored, unsweetened or sweetened	1 ounce 1 ounces 1/4 cup (2oz) 1 egg 1/2 cup	1-1/2 ounce 1-1/2 ounce 3/8 cup (3oz) 1 egg 3/4 cup	2 ounces 2 ounces 1/2 cup (4oz) 1 egg 1 cup
	Cooked Dry Beans and Peas or or peanut butter, reduced-fat peanut butter, soynut butter, or other nut or seed butters	1/4 cup 2 Tbls	3/8 cup 3 Tbls	1/2 cup 4 Tbls
	or peanuts, soynuts, tree nuts, roasted peas, or seeds or an equivalent quantity of any combination of the above meat/meat alternatives.	1/2 ounce	3/4 ounce	1 ounce
	Vegetable and/or Fruits (2 or more) kinds	1/4 cup total	1/2 cup total	3/4 cup total
	Bread or Bread Alternate or or rolls, muffins, etc	1/2 slice* 1/2 serving	1/2 slice* 1/2 serving	1 slice* 1 serving
	Cooked pasta, noodle product, or cereal	1/4 cup	1/4 cup	1/2 cup

*or an equivalent serving of an acceptable bread alternate such as corn bread, biscuits, rolls, muffins, etc. made of whole grain or enriched meal or flour or a serving of whole grain or enriched cereal or a serving of cooked enriched or whole-grain rice or macaroni or other pasta product

Points to Remember

- Keep menu records daily
- Count meals served to enrolled children only
- Each child must be served the required amount of each food group at all meals
- Use full-strength 100% fruit or vegetable juice

