

# Child Care Meal Pattern

<b>AM/PM Snack Guidelines</b>			
<i>Food Components</i>	Ages 1-2	Ages 3-5	Ages 6-12
<b>1 milk</b> fluid milk	½ cup	½ cup	1 cup
<b>1 fruit/vegetable</b> Juice, fruit and/or vegetable	½ cup	½ cup	¾ cup
<b>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 slice ½ serving ¼ cup ¼ cup ¼ cup	½ slice ½ serving 1/3 cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup ½ cup ½ cup
<b>1 meat/meat alternate</b> meat or poultry or fish or alternate protein product or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butters or nuts and/or seeds or yogurt	½ oz. ½ oz. ½ oz. ½ 1/8 cup 1 Tbsp. ½ oz. 2 oz.	½ oz. ½ oz. ½ oz. ½ 1/8 cup 1 Tbsp. ½ oz. 2 oz.	1 oz. 1 oz. 1 oz. ½ ¼ cup 2 Tbsp. 1 oz. 4 oz.
<ul style="list-style-type: none"> <li>• Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.</li> <li>• Milk served must be low-fat (1%) or non-fat (skim) for children ages 2 years and older and adults.</li> <li>• Fruit or vegetable juice must be full-strength.</li> <li>• Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.</li> <li>• A serving consists of the edible portion of cooked lean meat or poultry or fish.</li> <li>• One-half egg meets the required minimum amount (one ounce or less) of meat alternate.</li> <li>• Yogurt may be plain or flavored, unsweetened or sweetened.</li> </ul>			

# Child Care Meal Pattern

<b>Lunch Guidelines</b>			
<i>Food Components</i>	Ages 1-2	Ages 3-5	Ages 6-12
<b>1 milk</b> fluid milk	½ cup	¾ cup	1 cup
<b>1 fruit/vegetable</b> Juice, fruit and/or vegetable	¼ cup	½ cup	¾ cup
<b>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 slice ½ serving ¼ cup ¼ cup ¼ cup	½ slice ½ serving 1/3 cup ¼ cup ¼ cup	1 slice 1 serving ¾ cup ½ cup ½ cup
<b>1 meat/meat alternate</b> meat or poultry or fish or alternate protein product or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butters or nuts and/or seeds or yogurt	1 oz. 1 oz. 1 oz. ½ ¼ cup 2 Tbsp. ½ oz. 4 oz.	1½ oz. 1½ oz. 1½ oz. ¾ 3/8 cup 3 Tbsp. ¾ oz. 6 oz.	2 oz. 2 oz. 2 oz. 1 ½ cup 4 Tbsp. 1 oz. 8 oz.
<ul style="list-style-type: none"> <li>• Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.</li> <li>• Milk served must be low-fat (1%) or non-fat (skim) for children ages 2 years and older and adults.</li> <li>• Fruit or vegetable juice must be full-strength.</li> <li>• Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.</li> <li>• A serving consists of the edible portion of cooked lean meat or poultry or fish.</li> <li>• Nuts and seeds may meet only one-half of the total meat/meat alternative serving and must be combined with another meat/meat alternate to fulfill the lunch requirement.</li> <li>• Yogurt may be plain or flavored, unsweetened or sweetened.</li> </ul>			