NEW MEAL PATTERN FOR OLDER CHILDREN

	FOOD COMPONENTS	1-2 Years Amounts	3-5 Years Amounts	6-12 Years Amounts
BREAKFAST	1) Fluid Milk (a)	1/2 cup	3/4 cup	1 cup
	2) Vegetable or Fruit (c)	1/4 cup	1/2 cup	1/2 cup
	3) Grains (e) (f) - **Whole Grain or Enriched**			
	Bread	1/2 slice	1/2 slice	1 slice
	Biscuit/Roll/Muffin/Cornbread	1/2 serving	1/2 serving	1 serving
	Cold Dry Cereal (g)	1/4 cup	1/3 cup	3/4 cup
	Cooked Cereal, pasta, noodle products, or cereal grains (g)	1/4 cup	1/4 cup	1/2 cup
LUNCH/DINNER	1) Fluid Milk (a)	1/2 cup	3/4 cup	1 cup
	2) Vegetable (c)	1/8 cup	1/4 cup	1/2 cup
	3) Fruit (c) (d)	1/8 cup	1/4 cup	1/4 cup
	4) Grains (e) - **Whole Grain or Enriched**			
	Bread	1/2 slice	1/2 slice	1 slice
	Biscuit/Roll/Muffin/Cornbread	1/2 serving	1/2 serving	1 serving
	Cold Dry Cereal (g)	1/4 cup	1/3 cup	3/4 cup
	Cooked Cereal, pasta, noodle products, or cereal grains (g)	1/4 cup	1/4 cup	1/2 cup
	5) Meat/Meat Alternate			
	Lean Meat/Poultry/Fish	1 oz.	1 1/2 oz.	2 oz.
	Cheese	1 oz.	1 1/2 oz.	2 oz.
	Cottage Cheese	1/4 cup or 2 oz.	3/8 cup or 3 oz.	1/2 cup or 4 oz
	Large Egg	1/2 egg	3/4 egg	1 egg
	Cooked Dry Beans or Peas (i)	1/4 cup	3/8 cup	1/2 cup
	Peanut Butter or Nut/Seed Butters	2 Tbsp.	3 Tbsp.	4 Tbsp.
	Peanuts, soynuts, tree nuts, roasted peas, or seeds (h)	1/2 oz. = 50%	3/4 oz. = 50%	1 oz. = 50%
	Tofu	1 oz.	1 1/2 oz.	2 oz.
	Yogurt (b) (j)	1/2 cup	3/4 cup	1 cup
AM or PM SNACK (select two of these five components)	1) Fluid Milk (a)	1/2 cup	1/2 cup	1 cup
	2) Vegetable (c)	1/2 cup	1/2 cup	3/4 cup
	3) Fruit (c)	1/2 cup	1/2 cup	3/4 cup
	4) Grains (e) - **Whole Grain or Enriched**			
	Bread	1/2 slice	1/2 slice	1 slice
	Biscuit/Roll/Muffin/Cornbread	1/2 serving	1/2 serving	1 serving
	Cold Dry Cereal (g)	1/4 cup	1/3 cup	3/4 cup
	Cooked Cereal, pasta, noodle products, or cereal grains (g)	1/4 cup	1/4 cup	1/2 cup
	5) Meat/Meat Alternate			
	Lean Meat/Poultry/Fish	1/2 oz.	1/2 oz.	1 oz.
	Cheese	1/2 oz.	1/2 oz.	1 oz.
	Cottage Cheese	1/8 cup or 1 oz.	1/8 cup or 1 oz.	1/4 cup or 2 oz.
	Large Egg	1/2 egg	1/2 egg	1/2 egg
	Cooked Dry Beans or Peas (i)	1/8 cup	1/8 cup	1/4 cup
	Peanut Butter or Nut/Seed Butters	1 Tbsp.	1 Tbsp.	2 Tbsp.
	Peanuts, soynuts, tree nuts, roasted peas, or seeds (h)	1/2 oz. = 50%	1/2 oz. = 50%	1 oz. = 50%
	Tofu	1/2 oz.	1/2 oz.	1 oz.
	Yogurt (b) (j)	1/4 cup	1/4 cup	1/2 cup

(a) 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.

(b) Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

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

(d) A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

(e) At least one serving per day must be whole grain-rich.

(f) Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

(g) 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).

(h) No more than 50% of the requirements shall be met with peanut butter, other nut or seed butters, nuts or seeds. Peanut butter, other nut or seed butters, nuts or seeds shall be combined with another meat/meat alternative to fulfill the requirements. For purpose of determining combinations—1 oz of nuts or seeds is equal to 1 oz cooked lean meat, poultry, or fish

(i) In the same meal service, dried beans or dried peas may be used as a meat alternative or as a vegetable; however, such use does not satisfy the requirement for both components. Roasted peas may be used as a meat alternative or fruit/vegetable for snacks.

(j) Commercially added fruit or nuts in flavored yogurt do not fulfill the fruit or meat alternative component.

NEW MEAL PATTERN FOR INFANTS

	FOOD COMPONENTS	0-5 Months Amounts	6-11 Months
BREAKFAST	1) Breast Milk or Iron-Fortified Infant Formula (a) (b)	4-6 oz.	6-8 oz.
	2) Vegetable and/or Fruit (e) (f)		0-2 Tbsp.
	3) Infant Cereal or Meat Alternate or Combination		
	Infant Cereal (b)		0-4 Tbsp.
	OR		
	Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans or Peas		0-4 Tbsp.
	Cheese		0-2 oz.
	Cottage Cheese		0-4 oz.
	Yogurt (must be milk based for infants) (g)		0-4 oz.
	Or a combination of the above (e)		
LUNCH/DINNER	1) Breast Milk or Iron-Fortified Infant Formula (a) (b)	4-6 oz.	6-8 oz.
	2) Vegetable and/or Fruit (e) (f)		0-2 Tbsp.
	3) Infant Cereal or Meat Alternate or Combination		
	Infant Cereal (b)		0-4 Tbsp.
	OR		
	Meat, Fish, Poultry, Whole Egg, Cooked Dry Beans or Peas		0-4 Tbsp.
	Cheese		0-2 oz.
	Cottage Cheese		0-4 oz.
	Yogurt (must be milk based for infants) (g)		0-4 oz.
	Or a combination of the above (e)		
AM or PM SNACK	1) Breast Milk or Iron-Fortified Infant Formula (a) (b)	4-6 oz.	2-4 oz.
	2) Vegetable and/or Fruit (e) (f)		0-2 Tbsp.
	3) Grains		
	Infant Cereal (b) (c)		0-4 Tbsp.
	Bread (c)		0-1/2 slice
	Crackers (c)		0-2 crackers
	Ready-to-eat Breakfast Cereal (c) (d) (e)		0-4 Tbsp.

(a) Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
(b) Infant formula and dry infant cereal must be iron-fortified.
(c) A serving of grains must be whole grain-rich, enriched meal, or enriched flour.
(d) 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).
(e) A serving of this component is required when the infant is developmentally ready to accept it.
(f) Fruit and vegetable juices must not be served.
(g) Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

Handling of Prepared Infant Formula or Breast Milk Provided by the Infant's Parent/Guardian

If the parent provides breast milk or prepared infant formula, they must:

- **Label the bottles or containers with the infant's name, the date and time the breast milk was expressed or the infant formula was prepared.**
- **Carry the bottles or containers to the Provider's home in a cooler with an ice pack to keep it at a cold temperature.**