

CHILD CARE FOOD PROGRAM MEAL PATTERN FOR OLDER CHILDREN

2017 - 2018

BREAKFAST (SELECT ALL THREE COMPONENTS)	AGES 1—2	AGES 3—5	AGES 6—12
MILK, FL ³	½ CUP (4 OZ)	¾ CUP (6 OZ)	1 CUP (8 OZ)
VEGETABLE, FRUIT, OR BOTH ⁴	¼ CUP	½ CUP	½ CUP
GRAINS^{6,7} (WHOLE GRAIN-RICH (WGR) OR ENRICHED ONLY)			
WGR OR ENRICHED BREAD	½ SLICE	½ SLICE	1 SLICE
OR BISCUIT, ROLL, MUFFIN, ETC.	½ SERVING	½ SERVING	1 SERVING
OR COOKED BREAKFAST CEREAL ⁸ , CEREAL GRAIN, AND/OR PASTA	¼ CUP	¼ CUP	½ CUP
OR READY-TO-EAT BREAKFAST CEREAL (DRY COLD) ^{8,9}			
FLAKES OR ROUNDS	½ CUP	½ CUP	1 CUP
PUFFED CEREAL	¾ CUP	¾ CUP	1¼ CUP
GRANOLA	⅓ CUP	⅓ CUP	¼ CUP
MEAT/MEAT ALTERNATE ⁵ (UP TO 3 TIMES PER WEEK IN PLACE OF BREAKFAST BREAD/GRAIN)	½ OZ	½ OZ	1 OZ
LUNCH OR SUPPER (SELECT ALL 5 COMPONENTS)	AGES 1—2	AGES 3—5	AGES 6—12
MILK, FL ³	½ CUP (4 OZ)	¾ CUP (6 OZ)	1 CUP (8 OZ)
VEGETABLE ⁴	⅛ CUP	¼ CUP	½ CUP
FRUIT ^{4,10}	⅛ CUP	¼ CUP	¼ CUP
GRAINS^{6,7} (WGR OR ENRICHED ONLY)			
WGR OR ENRICHED BREAD	½ SLICE	½ SLICE	1 SLICE
OR BISCUIT, ROLL, MUFFIN, ETC.	½ SERVING	½ SERVING	1 SERVING
OR COOKED BREAKFAST CEREAL ⁸ , CEREAL GRAIN, AND/OR PASTA	¼ CUP	¼ CUP	½ CUP
MEAT/MEAT ALTERNATES (M/MA)			
LEAN MEAT, FISH, POULTRY, CHEESE, TOFU, SOY, OR ALTERNATE PROTEIN PRODUCTS ¹¹	1 OZ	1½ OZ	2 OZ
OR EGG (LARGE)	½ EGG	¾ EGG	1 EGG
OR COOKED DRY BEANS OR DRY PEAS ¹²	¼ CUP	⅜ CUP	½ CUP
OR PEANUT BUTTER, SOY NUT BUTTER, OR OTHER NUT OR SEED BUTTERS	2 TBSP	3 TBSP	4 TBSP
OR PEANUTS, SOY NUTS, TREE NUTS, OR SEEDS ¹³	½ OZ	¾ OZ	1 OZ
OR YOGURT, PLAIN OR FLAVORED, UNSWEETENED OR SWEETENED ¹⁴	½ CUP OR 4 OZ	¾ CUP OR 6 OZ	1 CUP OR 8 OZ
SNACKS (SELECT TWO OF THESE FIVE COMPONENTS)¹⁵	AGES 1—2	AGES 3—5	AGES 6—12
MILK, FL ³	½ CUP (4 OZ)	½ CUP (4 OZ)	1 CUP (8 OZ)
VEGETABLE ⁴	½ CUP	½ CUP	¾ CUP
FRUIT ⁴	½ CUP	½ CUP	¾ CUP
GRAINS^{6,7} (WGR OR ENRICHED ONLY)			
WGR OR ENRICHED BREAD	½ SLICE	½ SLICE	1 SLICE
OR BISCUIT, ROLL, MUFFIN, ETC.	½ SERVING	½ SERVING	1 SERVING
OR COOKED BREAKFAST CEREAL ⁸ , CEREAL GRAIN, AND/OR PASTA	¼ CUP	¼ CUP	½ CUP
OR READY-TO-EAT BREAKFAST CEREAL (DRY COLD) ^{8,9}	¼ CUP	⅓ CUP	¾ CUP
MEAT/MEAT ALTERNATES (M/MA)			
LEAN MEAT, FISH, POULTRY, CHEESE, TOFU, SOY, OR ALTERNATE PROTEIN PRODUCTS ¹¹	½ OZ	½ OZ	1 OZ
OR EGG (LARGE)	½ EGG	½ EGG	½ EGG
OR COOKED DRY BEANS OR DRY PEAS ¹²	⅛ CUP	⅛ CUP	¼ CUP
OR PEANUT BUTTER, SOY NUT BUTTER, OR OTHER NUT OR SEED BUTTERS	1 TBSP	1 TBSP	2 TBSP
OR PEANUTS, SOY NUTS, TREE NUTS, OR SEEDS	½ OZ	½ OZ	1 OZ
OR YOGURT, PLAIN OR FLAVORED, UNSWEETENED OR SWEETENED ^{14,16}	¼ CUP	¼ CUP	½ CUP

³ Must serve whole milk to children age 1. Must serve 1% or fat-free milk to children ages 2 years and older.

⁴ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement once per day. Breakfast or snack only.

⁵ M/MA may be used to meet the entire grains requirement a maximum of three times a week for breakfast. One oz of M/MA is equal to 1 oz eq of grains.

⁶ At least one serving per day, across all eating occasions, must be WGR. Grain-based desserts do not count towards meeting the grains requirement.

⁷ Beginning October 1, 2019, oz eq are used to determine the quantity of creditable grains.

⁸ Breakfast cereals must contain no more than 6 g of sugar per dry oz (no more than 21.2 g sucrose and other sugars per 100 g of dry cereal).

⁹ Beginning 10/1/2019, the minimum serving size 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; ½ cup for children ages 3–5; and ¾ cup for children ages 6–18.

¹⁰ A vegetable may be used to meet the entire fruit requirement. When 2 vegetables are served at lunch/supper, 2 different types of vegetables must be served.

¹¹ Alternate protein products must meet the requirements in Appendix A per 7 CFR, Section 226.20. Additionally, a 2.2 ounce serving of tofu = 1 ounce equivalent toward the M/MA requirement *and* must contain a minimum of 5 grams of protein per 2.2 ounces.

¹² Cooked dry beans or dry peas may be used as a meat alternate or as a vegetable component; but **cannot** be counted as both components in the same meal.

¹³ No more than 50% of the requirement shall be met with nuts (peanuts, soy nuts, tree nuts) or seeds. Nuts or seeds shall be combined with another M/MA to fulfill the requirement. To determine combinations, 1 oz of nuts or seeds is equal to 1 oz of cooked lean meat, poultry, or fish.

¹⁴ Yogurt must contain no more than 23 g of total sugars per 6 oz.

¹⁵ Juice cannot be served when milk is served as the only other component.

¹⁶ Commercially added fruit or nuts in flavored yogurt cannot be used to satisfy the second component requirement in snacks.

CHILD CARE FOOD PROGRAM

INFANT MEAL PATTERN

2017-2018

BIRTH THROUGH FIVE MONTHS		SIX THROUGH ELEVEN MONTHS	
BREAKFAST, LUNCH, AND SUPPER	4 TO 6 FLUID (FL) OUNCES (OZ) BREAST MILK ¹ OR FORMULA ²	6 TO 8 FL OZ 0 TO 4 TABLESPOONS (TBSP) 0 TO 2 OZ 0 TO 4 OZ (½ CUP) 0 TO 2 TBSP	BREAST MILK ¹ OR FORMULA ² AND INFANT CEREAL ^{2,3} MEAT, FISH, POULTRY, WHOLE EGG, COOKED DRY BEANS OR PEAS OR CHEESE OR YOGURT ⁴ OR COMBINATION OF THE ABOVE ⁵ AND FRUIT, VEGETABLE, OR COMBINATION OF BOTH ^{5,6}
	4 TO 6 FL OZ BREAST MILK ¹ OR FORMULA ²	2 TO 4 FL OZ 0 TO ½ SLICE 0 TO 2 0 TO 4 TBSP 0 TO 2 TBSP	BREAST MILK ¹ OR FORMULA ² AND BREAD ^{3,7} OR CRACKERS ^{3,7} OR INFANT CEREAL ^{2,3,7} OR READY-TO-EAT BREAKFAST CEREAL ^{3,5,7,8} AND FRUIT, VEGETABLE, OR COMBINATION OF BOTH ^{5,6}

1 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.

2 Infant formula and dry infant cereal must be iron-fortified.

3 Beginning October 1, 2019, oz equivalents (eq) are used to determine the quantity of creditable grains.

4 Yogurt must contain no more than 23 grams (g) of total sugars per 6 oz.

5 A serving of this component is required when the infant is developmentally ready to accept it.

6 Fruit and vegetable juices must not be served.

7 A serving of grains must be whole grain-rich (WGR), enriched meal, or enriched flour.

8 Breakfast cereals must contain no more than 6 g of sugar per dry oz (no more than 21 g sucrose and other sugars per 100 g of dry cereal).

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