

**CHILD CARE FOOD PROGRAM MEAL PATTERN FOR OLDER CHILDREN**

**2018 -2019**

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

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

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

<sup>5</sup> 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.

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

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

<sup>8</sup> 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).

<sup>9</sup> 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.

<sup>10</sup> 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.

<sup>11</sup> 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.

<sup>12</sup> 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.

<sup>13</sup> 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.

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

<sup>15</sup> Juice cannot be served when milk is served as the only other component.

<sup>16</sup> 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

2018-2019

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

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).

*This institution is an equal opportunity provider.*