

Meal Pattern

Resource provided by the California Department of Social Services.

Infant The minimum amounts of meal components to serve to infants.		
Infants	Birth through 5 months	6 through 11 months
Breakfast, Lunch, or Supper	4-6 fluid ounces breast milk ¹ or formula ²	6-8 fluid ounces breast milk ¹ or formula; ² and
		0-1/2 ounce equivalent infant cereal; ^{2,3} or
		0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, peas, and lentils; or
		0-2 ounces of cheese; or
		0-4 ounces (volume) of cottage cheese; or
		0-4 ounces or 1/2 cup of yogurt; ⁴ or a combination of the above; ⁵ and
		0-2 tablespoons vegetable or fruit, or a combination of both. ^{5,6}
Snack	4-6 fluid ounces breast milk ¹ or formula ²	2-4 fluid ounces breast milk ¹ or formula; ² and
		0-1/2 ounce equivalent bread; ^{3,7} or
		0-1/4 ounce equivalent crackers; ^{3,7} or
		0-1/2 ounce equivalent infant cereal; ^{2,3} or
		0-1/4 ounce equivalent ready-to-eat breakfast cereal; ^{3,5,7,8} and
		0-2 tablespoons vegetable or fruit, or a combination of both. ^{5,6}

¹ Breast milk or formula, or portions of both, must be served; however, it is recommended that breast milk be served from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered at a later time if the infant will consume more.

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

³ Information on crediting grain items may be found in FNS guidance.

⁴ Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

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, enriched meal, enriched flour, bran, or germ.

Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.

Resources

- [https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-226/subpart-E/section-226.20#p-226.20\(b\)\(5\)](https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-226/subpart-E/section-226.20#p-226.20(b)(5))
- <https://www.phfewic.org/en/how-wic-works/ca-wic-formulas/>



Breakfast

Must serve all three components for a reimbursable meal

Fluid milk, vegetables or fruit, or portions of both, and grains are required components of the breakfast meal. Meats/meat alternates may be offered to meet the entire grains requirement a maximum of three times per week. The minimum amounts of meal components to be served at breakfast are as follows:

Meal components and food items ¹	Minimum quantities		
	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk	4 fluid ounces ³	6 fluid ounces ⁴	8 fluid ounces
Vegetables, fruits, or portions of both ⁷	1/4 cup	1/2 cup	1/2 cup
Grains ⁸	1/2 ounce equivalent	1/2 ounce equivalent	1 ounce equivalent

³ Must serve unflavored whole milk to children age 1.

⁴ Must serve unflavored milk to children 2 through 12 years old. The milk must be fat-free, skim, low-fat, or 1 percent or less.

⁷ Juice must be pasteurized. Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day.

⁸ Must serve at least one whole grain-rich serving, across all eating occasions, per day. Grain-based desserts may not be used to meet the grains requirement. Meats/meat alternates may be offered in place of the entire grain requirement, up to 3 times per week at breakfast. One ounce equivalent of meats/meat alternates credits equal to one ounce equivalent of grains.

Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce. Information on crediting grain items and meats/meat alternates may be found in FNS guidance.

Lunch and Supper

Must serve all five components for a reimbursable meal

Fluid milk, meats/meat alternates, vegetables, fruits, and grains. The minimum amounts of meal components to be served at lunch and supper are as follows:

Meal components and food items ¹	Minimum quantities		
	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk	4 fluid ounces ³	6 fluid ounces ⁴	8 fluid ounces
Meats/meat alternates ⁷	1 ounce equivalent	1½ ounce equivalents	2 ounce equivalents
Vegetables ⁸	1/8 cup	1/4 cup	1/2 cup
Fruits ⁸	1/8 cup	1/4 cup	1/4 cup
Grains ⁹	1/2 ounce equivalent	1/2 ounce equivalent	1 ounce equivalent

³ Must serve unflavored whole milk to children age 1.

⁴ Must serve unflavored milk to children 2 through 12 years old. The milk must be fat-free, skim, low-fat, or 1 percent or less.

⁷ Alternate protein products must meet the requirements in appendix A to this part. Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce). Information on crediting meats/meat alternates may be found in FNS guidance.

⁸ Juice must be pasteurized. Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day. A vegetable may be offered to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁹ Must serve at least one whole grain-rich serving, across all eating occasions, per day. Grain-based desserts may not be used to meet the grains requirement. Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By October 1, 2025, breakfast cereal must contain no more than 6 grams of added sugars per dry ounce. Information on crediting grain items may be found in FNS guidance.



Snack

Must serve two of the five components for a reimbursable snack

Fluid milk, meats/meat alternates, vegetables, fruits, and grains.
 Fruit juice, vegetable juice, and milk may comprise only one component of the snack.
 The minimum amounts of meal components to be served at snacks are as follows:

Meal components and food items ¹	Minimum quantities		
	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk	4 fluid ounces ³	6 fluid ounces ⁴	8 fluid ounces
Meats/meat alternates ⁷	1/2 ounce equivalent	1/2 ounce equivalent	1 ounce equivalent
Vegetables ⁸	1/2 cup	1/2 cup	3/4 cup
Fruits ⁸	1/2 cup	1/2 cup	3/4 cup
Grains ⁹	1/2 ounce equivalent	1/2 ounce equivalent	1 ounce equivalent

¹ Must serve two of the five components for a reimbursable snack. Milk and juice may not be served as the only two items in a reimbursable snack.

³ Must serve unflavored whole milk to children age 1.

⁴ Must serve unflavored milk to children 2 through 12 years old. The milk must be fat-free, skim, low-fat, or 1 percent or less.

⁷ Alternate protein products must meet the requirements in appendix A to this part. Through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce). Information on crediting meats/meat alternates may be found in FNS guidance.

⁸ Juice must be pasteurized. Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day.

⁹ Must serve at least one whole grain-rich serving, across all eating occasions, per day. Grain-based desserts may not be used to meet the grains requirement. Through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By October 1, 2025, breakfast cereal must contain no more than 6 grams of added sugar per dry ounce. Information on crediting grain items may be found in FNS guidance.

