



Breakfast Meal Pattern



	Ages 1-2	Ages 3-5	Ages 6-12
Milk	½ cup	¾ cup	1 cup
Vegetables, Fruit, or Both	¼ cup	½ cup	½ cup
Grains	½ oz eq*	½ oz eq*	1 oz eq*

*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.

*Oz eq = ounce equivalents

What This Looks Like: Ages 6-12



1 cup low-fat milk

+



½ cup strawberries

+



1 cup of Cheerios
23 grams whole grain



Lunch & Supper Meal Pattern



	Ages 1-2	Ages 3-5	Ages 6-12
Milk	½ cup	¾ cup	1 cup
Meat and Meat Alternates	1 oz	1 ½ oz	2 oz
Vegetables	1/8 cup	¼ cup	½ cup
Fruit	1/8 cup	¼ cup	¼ cup
Grains	½ oz eq*	½ oz eq*	1 oz eq*

*Oz eq = ounce equivalents

What This Looks Like: Ages 1-2



+



+



+



+



1/2 cup milk

1 oz yogurt

1/8 cup
peas

1/8 cup
strawberries

1/2 slice 100%
whole wheat bread
~11 grams whole grain



Snack Meal Pattern



	Ages 1-2	Ages 3-5	Ages 6-12
Milk	½ cup	½ cup	1 cup
Meat and Meat Alternates	½ oz	½ oz	1 oz
Vegetables	½ cup	½ cup	¾ cup
Fruit	½ cup	½ cup	¾ cup
Grains	½ oz eq*	½ oz eq*	1 oz eq*

Select 2 of the 5 components for snack. *Oz eq = ounce equivalents.

Note: All serving sizes are minimum quantities of the food components that are required to be served.

What This Looks Like: Ages 3-5



½ cup milk

+



½ cup strawberries