

USDA Child Meal Pattern: Breakfast

Must serve all 3 components for a reimbursable meal.



Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Notes
<input type="checkbox"/> Fluid Milk	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces	<p>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.</p> <p>Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.</p> <p>At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.</p> <p>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.</p> <p>Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.</p> <p>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).</p> <p>Beginning October 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, 1/3 cup for children ages 3-5, and ¾ cup for children ages 6-12.</p>
<input type="checkbox"/> Vegetables, fruits, or portions of both	¼ cup	½ cup	½ cup	½ cup	
<input type="checkbox"/> Grains (ounce equivalent)					
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice	
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	½ serving	½ serving	1 serving	1 serving	
Whole grain-rich, enriched, or fortified cooked breakfast cereal, cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup	
Whole grain-rich, enriched, or fortified ready-to-eat breakfast cereal (dry, cold)					
Flakes or rounds	½ cup	½ cup	1 cup	1 cup	
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup	
Granola	½ cup	½ cup	¾ cup	¾ cup	

Note for Ages 13-18: At-risk afterschool programs and emergency shelters. Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs. Offer versus serve is an option for at-risk afterschool participants.

USDA Child Meal Pattern: Lunch and Supper

Must serve all 5 components for a reimbursable meal.



Food Components and Food Items	Ages 1–2	Ages 3–5	Ages 6–12	Ages 13–18	Notes
<input type="checkbox"/> Fluid Milk	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces	<p>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.</p> <p>Alternate protein products must meet the requirements in Appendix A to Part 226, which can be viewed at bit.ly/2Zh8tGN.</p> <p>Yogurt must contain no more than 23 grams of total sugars per 6 ounces.</p> <p>1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish</p>
<input type="checkbox"/> Meat/meat alternates					
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces	
Tofu, soy product, or alternate protein products	1 ounce	1 ½ ounce	2 ounces	2 ounces	
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces	
Large egg	½	¾	1	1	
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup	
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp	
Yogurt, plain or flavored unsweetened or sweetened	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup	
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate	½ ounces = 50%	¾ ounces = 50%	1 ounce = 50%	1 ounce = 50%	
<input type="checkbox"/> Vegetables	½ cup	½ cup	½ cup	½ cup	<p>Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.</p>

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USDA Child Meal Pattern: Lunch and Supper (continued)



Food Components and Food Items	Ages 1–2	Ages 3–5	Ages 6–12	Ages 13–18	Notes
<input type="checkbox"/> Fruits	¼ cup	¼ cup	¼ cup	¼ cup	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.
<input type="checkbox"/> Grains (ounce equivalent)					
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice	
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	½ serving	½ serving	1 serving	1 serving	
Whole grain-rich, enriched, or fortified cooked breakfast cereal, cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup	

Note for Ages 13-18: At-risk afterschool programs and emergency shelters. Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs. Offer versus serve is an option for at-risk afterschool participants.

USDA Child Meal Pattern: Snack

Must serve 2 of the 5 components for a reimbursable snack. Only 1 of the 2 components may be a beverage.



Food Components and Food Items	Ages 1–2	Ages 3–5	Ages 6–12	Ages 13–18	Notes
<input type="checkbox"/> Fluid Milk	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces	<p>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.</p> <p>Alternate protein products must meet the requirements in Appendix A to Part 226, which can be viewed at bit.ly/2Zh8tGN.</p> <p>Yogurt must contain no more than 23 grams of total sugars per 6 ounces.</p>
<input type="checkbox"/> Meat/meat alternates					
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce	
Tofu, soy product, or alternate protein products	½ ounce	½ ounce	1 ounce	1 ounce	
Cheese	½ ounce	½ ounce	1 ounce	1 ounce	
Large egg	½	½	½	½	
Cooked dry beans or peas	⅓ cup	⅓ cup	¼ cup	¼ cup	
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp	
Yogurt, plain or flavored unsweetened or sweetened	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup	
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce	1 ounce	
<input type="checkbox"/> Vegetables	½ cup	½ cup	¾ cup	¾ cup	<p>Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.</p>

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USDA Child Meal Pattern: Snack (continued)



Food Components and Food Items	Ages 1–2	Ages 3–5	Ages 6–12	Ages 13–18	Notes
<input type="checkbox"/> Fruits	½ cup	½ cup	¾ cup	¾ cup	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.
<input type="checkbox"/> Grains (ounce equivalent)					
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice	At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain. 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). Beginning October 1, 2019, the minimum serving sizes 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, ⅓ cup for children ages 3–5, and ¾ cup for children ages 6–12.
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	½ serving	½ serving	1 serving	1 serving	
Whole grain-rich, enriched, or fortified cooked breakfast cereal, cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup	
Whole grain-rich, enriched, or fortified ready-to-eat breakfast cereal (dry, cold)					
Flakes or rounds	½ cup	½ cup	1 cup	1 cup	
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup	
Granola	½ cup	½ cup	¾ cup	¾ cup	

Note for Ages 13-18: At-risk afterschool programs and emergency shelters. Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs. Offer versus serve is an option for at-risk afterschool participants.