

MEAL PATTERN FOR CHILDREN

BREAKFAST

| | Children 1 and 2 years | Children 3 through 5 years | Children 6 through 12 years |
|-------------------------------------|---------------------------------|---------------------------------|--------------------------------|
| Milk, fluid | 1/2 cup | 3/4 cup | 1 cup |
| Juice, fruit or vegetable | 1/4 cup | 1/2 cup | 1/2 cup |
| Bread or cereal: | | | |
| Bread; enriched or whole grain | 1/2 slice | 1/2 slice | 1 slice |
| Cereal; cold, dry or hot, cooked | 1/4 cup or 1/3 ounce 1/4 cup | 1/3 cup or 1/2 ounce 1/4 cup | 3/4 cup or 1 ounce 1/2 cup |

SNACK (select 2 of 4 components)

| | | | |
|-------------------------------------|--------------------|--------------------|--------------------|
| Milk, fluid | 1/2 cup | 1/2 cup | 1 cup |
| Meat or meat alternate | 1/2 ounce | 1/2 ounce | 1 ounce |
| Juice, fruit or vegetable | 1/2 cup | 1/2 cup | 3/4 cup |
| Bread or cereal: | | | |
| Bread; enriched or whole grain | 1/2 slice | 1/2 slice | 1 slice |
| Cereal; cold, dry or hot, cooked | 1/4 cup 1/4 cup | 1/3 cup 1/4 cup | 3/4 cup 1/2 cup |

LUNCH OR SUPPER

| | | | |
|------------------------------------------------------------|---------------------|---------------------|---------------------|
| Milk, fluid | 1/2 cup | 3/4 cup | 1 cup |
| Meat or meat alternate | | | |
| Meat, poultry or fish, cooked (lean meat without bone) | 1 ounce | 1 1/2 ounces | 2 ounces |
| Cheese | 1 ounce | 1 1/2 ounces | 2 ounces |
| Cottage Cheese, cheese food or cheese spread | 2 ounces or 1/4 cup | 3 ounces or 3/8 cup | 4 ounces or 1/2 cup |
| Egg | 1 | 1 | 1 |
| Cooked dry beans/peas | 1/4 cup | 3/8 cup | 1/2 cup |
| Peanut Butter or other nut or seed butters | 2 tablespoons | 3 tablespoons | 4 tablespoons |
| Nuts and/or seeds | 1/2 ounce = 50% | 3/4 ounce = 50% | 1 ounce = 50% |
| Yogurt, plain or flavored, unsweetened or sweetened | 4 ounces or 1/2 cup | 6 ounces or 3/4 cup | 8 ounces or 1 cup |
| Vegetable and/or fruit 2 or more | 1/4 cup total | 1/2 cup total | 3/4 cup total |
| Bread or bread alternate Enriched or whole grain | 1/2 slice | 1/2 slice | 1 slice |