

Infant Meal Pattern Requirements

BREAKFAST, LUNCH & SUPPER				
Birth - 5 Months	Serving Sizes	6 - 11 Months	Serving Sizes	
Breastmilk ¹ or iron-fortified formula;	4-6 fluid ounces	Breastmilk ¹ or iron-fortified formula;	6-8 fluid ounces	
		and		
		Required when infants are developmentally ready		
		Vegetable or fruit or a combination of both ⁵ ;	0-2 tablespoons	
		- and -		
		Iron-fortified infant cereal ² , meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or	0-4 tablespoons	
		Cheese; or	0-2 ounces	
Cottage cheese; or	0-4 ounces (volume)			
Yogurt; or a combination of the above;	0-4 ounces or 1/2 cup			
SNACK				
Birth - 5 Months	Serving Sizes	6 - 11 Months	Serving Sizes	
Breastmilk ¹ or iron-fortified formula;	4-6 fluid ounces	Breastmilk ¹ or iron-fortified formula;	2-4 fluid ounces	
		and		
		Required when infants are developmentally ready		
		Vegetable or fruit or a combination of both ⁵ ;	0-2 tablespoons	
		- and -		
		Bread ² ; or	0-1/2 slice	
		Crackers ² ; or	0-2	
Iron-fortified infant cereal ² , or ready-to-eat breakfast cereal ^{2,4}	0-4 tablespoons			

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 A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

³ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁴ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (21.2 grams of sugar per 100 grams of dry cereal).

⁵ Fruit and vegetable juices must not be served to infants.



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Child Meal Pattern Requirements

	AGES 1-2	AGES 3-5	AGES 6-12
BREAKFAST <i>Select Fluid Milk, Vegetables/Fruits, and Grains OR Meat/Meat Alternatives⁴</i>			
Fluid Milk¹	4 fluid ounces	6 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both²	1/4 cup	1/2 cup	1/2 cup
Grains³ or Meat/Meat Alternate⁴			
Bread or bread product	1/2 serving	1/2 serving	1 serving
Hot breakfast cereal ⁵ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
Ready-to-eat breakfast cereal (dry, cold) ⁵			
Flakes or rounds	1/2 cup	1/2 cup	1 cup
Puffed Cereal	3/4 cup	3/4 cup	1 1/4 cup
Granola	1/8 cup	1/8 cup	1/4 cup
Lean meat, poultry, fish, cheese	1/2 oz	1/2 oz	1 oz
Cottage or ricotta cheese	1 oz (1/8 cup)	1 oz (1/8 cup)	2 oz (1/4 cup)
Tofu (store-bought)	1.1 oz (1/8) cup	1.1 oz (1/8) cup	2.2 oz (1/4) cup
Large egg	1/4	1/4	1/2
Peanut butter, soy nut butter or other nut/seed butters	1 tbsp.	1 tbsp.	2 tbsp.
Yogurt, plain or flavored unsweetened or sweetened ⁷	2 oz (1/4 cup)	2 oz (1/4 cup)	4 oz (1/2 cup)
LUNCH & DINNER <i>Select all five components for a reimbursable meal</i>			
Fluid Milk¹	4 fluid ounces	6 fluid ounces	8 fluid ounces
Meat/Meat Alternates			
Lean meat, poultry, fish, cheese, tofu, soy product, alternate protein products ⁶	1 ounce	1 1/2 ounce	2 ounces
Large egg	1/2	3/4	1
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup
Peanut butter, soy nut butter or other nut/seed butters	2 tbsp.	3 tbsp.	4 tbsp.
Yogurt, plain or flavored unsweetened or sweetened ⁷	4 ounces (1/2 cup)	6 ounces (3/4 cup)	8 ounces (1 cup)
Peanuts, soy nuts, tree nuts, or seeds (May be used to meet no more than 50% of the requirement)	1/2 ounce=50%	3/4 ounce=50%	1 ounce=50%
Vegetables^{2,8}	1/8 cup	1/4 cup	1/2 cup
Fruits² or Vegetables^{2,8}	1/8 cup	1/4 cup	1/4 cup
Grains³			
Bread or bread product	1/2 serving	1/2 serving	1 serving
Hot breakfast cereal ⁵ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
SNACK <i>Select two of the five components for a reimburseable snack</i>			
Fluid Milk¹	4 fluid ounces	4 fluid ounces	8 fluid ounces
Meat/Meat Alternates			
Lean meat, poultry, fish, cheese, tofu, soy product, or alternate protein products ⁶	1/2 ounce	1/2 ounce	1 ounce
Large egg	1/2	1/2	1 /2
Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup
Peanut butter, soy nut butter or other nut/seed butters	1 tbsp.	1 tbsp.	2 tbsp.
Yogurt, plain or flavored unsweetened or sweetened ⁷	2 ounces (1/4 cup)	2 ounces (1/4 cup)	4 ounces (1/2 cup)
Peanuts, soy nuts, tree nuts, or seeds	1/2 ounce	1/2 ounce	1 ounce
Vegetables²	1/2 cup	1/2 cup	3/4 cup
Fruits²	1/2 cup	1/2 cup	3/4 cup
Grains³			
Bread or bread product	1/2 serving	1/2 serving	1 serving
Hot breakfast cereal ⁵ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
Ready-to-eat breakfast cereal (dry, cold) ⁵			
Flakes or Rounds	1/2 cup	1/2 cup	1 cup
Puffed Cereal	3/4 cup	3/4 cup	1 1/4 cup
Granola	1/8 cup	1/8 cup	1/4 cup

¹ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1%) or fat-free (skim) milk for children 2-5 years old. Must be unflavored or flavored low-fat (1%) or fat-free (skim) for children 6 years old and older.

² Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal or snack per day.

³ A serving of grains must be whole grain-rich, enriched meal, or enriched flour. At least one serving per day must be whole grain-rich. Grain-based desserts cannot be claimed.

⁴ 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.

⁵ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (21 grams sugar per 100 grams of dry cereal).

⁶ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁷ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁸ When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.