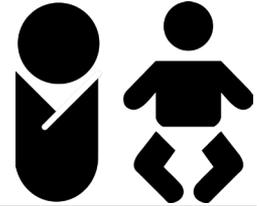




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INFANT MEAL PATTERN REQUIREMENTS

Birth through 5 months	6 through 11 months
Breakfast, Lunch, and Supper	
4-6 fluid ounces breastmilk ¹ or formula ²	6-8 fluid ounces breastmilk ¹ or formula ² ; and Required when infants are developmentally ready 0-4 tablespoons infant cereal ^{2,3,4} meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or 1/2 cup of yogurt ⁵ ; or a combination of the above; and 0-2 tablespoons vegetable or fruit or a combination of both ⁷
Snack	
4-6 fluid ounces breastmilk ¹ or formula ²	2-4 fluid ounces breastmilk ¹ or formula ² ; and Required when infants are developmentally ready 0-½ slice bread ^{3,4} ; or 0-2 crackers ^{3,4} ; or 0-4 tablespoons infant cereal ^{2,3,4} or ready-to-eat breakfast cereal ^{3,4,6} ; and 0-2 tablespoons vegetable or fruit, or a combination of both ⁷

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

³ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁴ A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ 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).

⁷ Fruit and vegetable juices may not be served to infants.

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CHILD MEAL PATTERN REQUIREMENTS

Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12
Breakfast (Select Fluid Milk, Vegetables/Fruits, and Grains OR Meat/Meat Alternates)			
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
Grains (oz eq)^{3,4,5}			
Bread or bread product	1/2 serving	1/2 serving	1 serving
Hot breakfast cereal ⁶ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
Ready-to-eat breakfast cereal (dry, cold) ⁶	1/4 cup (1/3 oz)	1/3 cup (1/2 oz)	3/4 cup (1 oz)
Meat/Meat Alternates⁴	1/2 oz equiv	1/2 oz equiv	1 oz equiv
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, soy product, or alternate protein products ⁷	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
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 ⁸	2 oz (1/4 cup)	2 oz (1/4 cup)	4 oz (1/2 cup)
Lunch and Dinner (Select all five components for a reimbursable meal)			
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 ⁷	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 ⁸	4 ounces (1/2 cup)	6 ounces (3/4 cup)	8 ounces (1 cup)
Peanuts, soy nuts, tree nuts, or seeds (<i>May be used to meet no more than 50% of the requirement</i>)	1/2 ounce=50%	3/4 ounce=50%	1 ounce=50%
Vegetables^{2,9}	1/8 cup	1/4 cup	1/2 cup
Fruits² or Vegetables^{2,9}	1/8 cup	1/4 cup	1/4 cup
Grains (oz eq)^{3,5}			
Bread or bread product	1/2 serving	1/2 serving	1 serving
Hot breakfast cereal ⁶ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
Snack (Select two of the five components for a reimbursable snack)			
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 ⁷	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 ⁸	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
Grains (oz eq)^{3,5}			
Bread or bread product	1/2 serving	1/2 serving	1 serving
Hot breakfast cereal ⁶ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
Ready-to-eat breakfast cereal (dry, cold) ⁶	1/4 cup (1/3 oz)	1/3 cup (1/2 oz)	3/4 cup (1 oz)

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 low-fat (1%) or fat-free (skim), or flavored 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 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 Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

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

⁷ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁸ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁹ When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.