

# Infant Meal Pattern Requirements

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

<sup>1</sup> 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.

<sup>2</sup> A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

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

<sup>4</sup> 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).

<sup>5</sup> Fruit and vegetable juices must not be served to infants.



This project is funded at least in part by USDA funds through the Michigan Department of Education and/or the Illinois State Board of Education.

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Revised 8/19

# Child Meal Pattern Requirements

	AGES 1-2	AGES 3-5	AGES 6-12
<b>BREAKFAST</b> <i>Select Fluid Milk, Vegetables/Fruits, and Grains OR Meat/Meat Alternatives<sup>4</sup></i>			
<b>Fluid Milk<sup>1</sup></b>	4 fluid ounces	6 fluid ounces	8 fluid ounces
<b>Vegetables, fruits, or portions of both<sup>2</sup></b>	1/4 cup	1/2 cup	1/2 cup
<b>Grains<sup>3</sup> or Meat/Meat Alternate<sup>4</sup></b>			
Bread or bread product	1/2 serving	1/2 serving	1 serving
Hot breakfast cereal <sup>5</sup> , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
Ready-to-eat breakfast cereal (dry, cold) <sup>5</sup>			
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 <sup>7</sup>	2 oz (1/4 cup)	2 oz (1/4 cup)	4 oz (1/2 cup)
<b>LUNCH &amp; DINNER</b> <i>Select all five components for a reimbursable meal</i>			
<b>Fluid Milk<sup>1</sup></b>	4 fluid ounces	6 fluid ounces	8 fluid ounces
<b>Meat/Meat Alternates</b>			
Lean meat, poultry, fish, cheese, tofu, soy product, alternate protein products <sup>6</sup>	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 <sup>7</sup>	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%
<b>Vegetables<sup>2,8</sup></b>	1/8 cup	1/4 cup	1/2 cup
<b>Fruits<sup>2</sup> or Vegetables<sup>2,8</sup></b>	1/8 cup	1/4 cup	1/4 cup
<b>Grains<sup>3</sup></b>			
Bread or bread product	1/2 serving	1/2 serving	1 serving
Hot breakfast cereal <sup>5</sup> , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
<b>SNACK</b> <i>Select two of the five components for a reimburseable snack</i>			
<b>Fluid Milk<sup>1</sup></b>	4 fluid ounces	4 fluid ounces	8 fluid ounces
<b>Meat/Meat Alternates</b>			
Lean meat, poultry, fish, cheese, tofu, soy product, or alternate protein products <sup>6</sup>	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 <sup>7</sup>	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
<b>Vegetables<sup>2</sup></b>	1/2 cup	1/2 cup	3/4 cup
<b>Fruits<sup>2</sup></b>	1/2 cup	1/2 cup	3/4 cup
<b>Grains<sup>3</sup></b>			
Bread or bread product	1/2 serving	1/2 serving	1 serving
Hot breakfast cereal <sup>5</sup> , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
Ready-to-eat breakfast cereal (dry, cold) <sup>5</sup>			
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

<sup>1</sup> 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.

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

<sup>3</sup> 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.

<sup>4</sup> 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.

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

<sup>6</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.

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

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