

CHILD AND ADULT MEAL PATTERN

	AGES 1-2	AGES 3-5	AGES 6-12	AGES 13-18	ADULTS
BREAKFAST					
MILK	1/2 cup	3/4 cup	1 cup	1 cup	1 cup
FRUIT/VEGETABLES	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
GRAINS/BREADS	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	2 oz eq
LUNCH					
MILK	1/2 cup	3/4 cup	1 cup	1 cup	1 cup
MEAT/MEAT ALTERNATE	1 oz	1 1/2 oz	2 oz	2 oz	2 oz
FRUIT	1/8 cup	1/4 cup	1/4 cup	1/4 cup	1/2 cup
VEGETABLE	1/8 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup
GRAINS/BREADS	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	2 oz eq
SNACK (PICK 2 OF 5)					
MILK	1/2 cup	1/2 cup	1 cup	1 cup	1 cup
MEAT/MEAT ALTERNATE	1/2 oz	1/2 oz	1 oz	1 oz	1 oz
FRUIT	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup
VEGETABLE	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup
GRAINS/BREADS	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	1 oz eq
MILK REQUIREMENTS	WHOLE UNFLAVORED	SKIM UNFLAVORED OR 1% UNFLAVORED	1% UNFLAVORED/ SKIM FLAVORED OR SKIM UNFLAVORED	1% UNFLAVORED/ SKIM FLAVORED OR SKIM UNFLAVORED	1% UNFLAVORED/ SKIM FLAVORED OR SKIM UNFLAVORED

CHILD AND ADULT MEAL PATTERN

- Must serve a Whole Grain item (bread, pasta, rice, etc.) at least once a day **AND** it must be on the menu/production record.
- Can only serve juice once per day.
- Can swap out a meat at breakfast up to 3 times a week for a grain/bread.
- Tofu counts as a meat alternate for children and adults – not infants.
- Grain based desserts are no longer allowed.
 - *Examples that **CANNOT** be served any longer:
Cookies, vanilla wafers, pop-tarts, granola bars – if it looks like a cookie it is no longer allowable
- Yogurt must have less than 23 grams of sugar per 6 oz.
- Breakfast cereals must have less than 6 grams of sugar per dry ounce.
- Frying is no longer allowed.
- OVS can **ONLY** be used at at-risk and adult centers and all components must be offered to participants.
- Can serve 2 vegetables at lunch/supper or one fruit and one vegetable.
- Servings for grain requirements have changed to ounce equivalents