

USDA Meal Pattern Requirements for 1-12 year olds

Breakfast

<i>Food Components</i>	<i>Age 1 and 2</i>	<i>Age 3 - 5</i>	<i>Age 6 - 12</i>
Milk			
• Milk, Fluid	1/2 cup	3/4 cup	1 cup
Vegetables and Fruits			
• Vegetable(s) and/or fruit(s)	1/4 cup	1/2 cup	1/2 cup
• Full-strength vegetable or fruit juice	1/4 cup	1/2 cup	1/2 cup
Grains/Breads			
• Bread; whole grain, bran germ or enriched	1/2 slice	1/2 slice	1 slice
• Cereal; cold, dry	1/4 cup or 1/3 oz	1/3 cup or 1/2 oz	3/4 cup or 1 oz
• Cereal, hot, cooked	1/4 cup	1/4 cup	1/2 cup
• Cooked pasta or noodle product	1/4 cup	1/4 cup	1/2 cup

Lunch or Supper

<i>Food Components</i>	<i>Age 1 and 2</i>	<i>Age 3 - 5</i>	<i>Age 6 - 12</i>
Milk			
• Milk, fluid	1/2 cup	3/4 cup	1 cup
Vegetables and Fruits			
• Vegetable(s) and/or fruit(s)	1/4 cup total	1/2 cup total	3/4 cup total
• Full-strength vegetable or fruit juice (1 component only)			
Grains/Breads			
• Bread; whole grain, bran germ or enriched	1/2 slice	1/2 slice	1 slice
• Cooked pasta or noodle product	1/4 cup	1/4 cup	1/2 cup
Meat and Meat Alternates			
• Lean meat or poultry or fish	1 oz	1-1/2 oz	2 oz
• Cheese	1 oz	1-1/2 oz	2 oz
• Cottage cheese/ cheese food/cheese spread	2 oz (1/4 cup)	3 oz (3/8 cup)	4 oz (1/2 cup)
• Eggs	1 egg	1 egg	1 egg
• Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup
• Peanut butter or soybean butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp
• Peanuts or soybeans or tree nuts or seeds	1/2 oz=50%	3/4 oz=50%	1 oz=50%
• Yogurt, plain or flavored	4 oz. (1/2 cup)	6 oz. (3/4 cup)	8 oz (1 cup)

Snack

Select two of the following four components. Juice may not be served when milk is served as the only other component.

<i>Food Components</i>	<i>Age 1 and 2</i>	<i>Age 3 - 5</i>	<i>Age 6 - 12</i>
Milk			
• Milk, fluid	1/2 cup	1/2 cup	1 cup
Vegetables and Fruits			
• Vegetable(s) and/or fruit(s)	1/2 cup	1/2 cup	3/4 cup
• Full-strength vegetable or fruit juice	1/2 cup	1/2 cup	3/4 cup
Grains/Breads			
• Bread; whole grain, bran germ or enriched	1/2 slice	1/2 slice	1 slice
• Cereal; cold, dry	1/4 cup	1/3 cup	3/4 cup
• Cereal, hot, cooked	1/4 cup	1/4 cup	1/2 cup
• Cooked pasta or noodle product	1/4 cup	1/4 cup	1/2 cup
Meat and Meat Alternates			
• Lean meat or poultry or fish	1/2 oz	1/2 oz	1 oz
• Cheese	1/2 oz	1/2 oz	1 oz
• Cottage cheese/ cheese food/cheese spread	1 oz	1 oz	2 oz
• Eggs	1 egg	1 egg	1 egg
• Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup
• Peanut butter or soybean butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
• Peanuts or soybeans or tree nuts or seeds	1/2 oz	1/2 oz	1 oz
• Yogurt, plain, or sweetened and flavored	1/4 cup	1/4 cup	1/2 cup