

# Meal Pattern Chart for Children



## Breakfast

### All three components required

	Servings	Ages 1-2	Ages 3-5	Ages 6-12
Milk	1	1/2 cup	3/4 cup	1 cup
Fruit/Vegetable/100% Juice	1	1/4 cup	1/2 cup	1/2 cup
Grains	1			
Bread		1/2 slice	1/2 slice	1 slice
Cold Cereal		1/4 cup	1/3 cup	3/4 cup
Hot Cereal		1/4 cup	1/4 cup	1/2 cup

## Snack

### Two of four components required

	Servings	Ages 1-2	Ages 3-5	Ages 6-12
Milk	1	1/2 cup	1/2 cup	1 cup
Fruit/Vegetable/100% Juice	1	1/2 cup	1/2 cup	3/4 cup
Grains	1			
Bread		1/2 slice	1/2 slice	1 slice
Cold Cereal		1/4 cup	1/3 cup	3/4 cup
Hot Cereal		1/4 cup	1/4 cup	1/2 cup
Pasta		1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternate	1	1/2 oz.	1/2 oz.	1 oz.
Cheese		1/2 oz.	1/2 oz.	1 oz.
Egg		1/2 egg	1/2 egg	1/2 egg
Cooked Beans/Peas		1/8 cup	1/8 cup	1/4 cup
Peanut Butter/Other Nut/Seed Butters		1 Tbsp.	1 Tbsp.	2 Tbsp.
Nuts/Seeds		1/2 oz.	1/2 oz.	1 oz.
Yogurt		2 oz.	2 oz.	4 oz.

## Lunch or Supper

### All four components required

	Servings	Ages 1-2	Ages 3-5	Ages 6-12
Milk	1	1/2 cup	3/4 cup	1 cup
Fruit/Vegetable/100% Juice	2	1/4 cup	1/2 cup	3/4 cup
Grains	1			
Bread		1/2 slice	1/2 slice	1 slice
Cold Cereal		1/4 cup	1/3 cup	3/4 cup
Hot Cereal		1/4 cup	1/4 cup	1/2 cup
Pasta		1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternate	1	1 oz.	1 1/2 oz.	2 oz.
Cheese		1 oz.	1 1/2 oz.	2 oz.
Egg		1/2 egg	3/4 egg	1 egg
Cooked Beans/Peas		1/4 cup	3/8 cup	1/2 cup
Peanut Butter/Other Nut/Seed Butters		2 Tbsp.	3 Tbsp.	4 Tbsp.
Nuts/Seeds		1/2 oz.	3/4 oz.	1 oz.
Yogurt		4 oz.	6 oz.	8 oz.

**Notes:** Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed for age 6-12. Milk served must be whole for children one to two years old and low-fat (1%) or non-fat (skim) for children three to twelve years old. Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

# Meal Pattern Chart for Infants



## Breakfast

Foods	0-3 Months	4-7 Months	8-11 Months
Breast Milk or Formula <sup>1</sup>	4-6 fl. oz.	4-8 fl. oz.	6-8 fl. oz.
Infant Cereal <sup>2</sup>	none	0-3 Tbsp.	2-4 Tbsp.
Fruit/Vegetable	none	none	1-4 Tbsp.

## Snack

Foods	0-3 Months	4-7 Months	8-11 Months
Breast Milk or Formula <sup>1</sup>	4-6 fl. oz.	4-6 fl. oz.	2-4 fl. oz. (or 100% fruit juice)
Bread <sup>2,3</sup> or Crackers <sup>2,3</sup>	none	none	0-1/2 slice or 0-2 crackers

## Lunch or Supper

Foods	0-3 Months	4-7 Months	8-11 Months
Breast Milk or Formula <sup>1</sup>	4-6 fl. oz.	4-8 fl. oz.	6-8 fl. oz.
Infant Cereal	none	0-3 Tbsp.	2-4 Tbsp.
Fruit/Vegetable <sup>2</sup>	none	0-3 Tbsp.	1-4 Tbsp.
Meat/Meat Alternate	none	none	1-4 Tbsp.
Cheese			1/2-2 oz.
Egg			1-4 Tbsp.
Cooked Beans/Peas			1-4 Tbsp.
Cottage Cheese			1-4 oz.
Cheese Spread or Cheese Food			1-4 oz.

## Notes

1. Infant formula and dry infant cereal must be iron-fortified.
2. A serving is required only when the infant is developmentally able to accept it.
3. Bread or crackers must be made from whole grain or enriched meal or flour.