

Meal Component	Ages 1-2	Ages 3-5	Ages 6-12
BREAKFAST			
Fluid Milk¹	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)
Vegetables, Fruits or both²	¼ cup	½ cup	½ cup
Grains^{3,4}	oz eq		
<u>Group A:</u> Crackers, Croutons, Hard Breadsticks, Hard Pretzels	0.4 oz	0.4 oz	0.8 oz
<u>Group B:</u> Animal Crackers, Bagels, Biscuits, Bread, Buns, English Muffins, Graham Crackers, Pizza Crust, Rolls, Soft Pretzels, Tortillas, Tortilla Chips and Taco Shells	0.5 oz	0.5 oz	1 oz
<u>Group C:</u> Cornbread, Corn Muffins, Pancakes, Pie Crust (savory only), Waffles	0.6 oz	0.6 oz	1.2 oz
<u>Group D:</u> Muffins (except corn)	1 oz	1 oz	2 oz
<u>Group E:</u> French Toast	1.2 oz	1.2 oz	2.4 oz
<u>Group H:</u> Grains, Oatmeal, Pasta, Rice	¼ cup	¼ cup	½ cup
<u>Group I:</u> Ready to Eat Breakfast Cereals			
Flakes or Rounds	½ cup	½ cup	1 cup
Puffed Cereal	¾ cup	¾ cup	1¼ cups
Granola	2 tbsp	2 tbsp	¼ cup

¹Must be unflavored whole milk for children age one. Can be unflavored skim, 1%, 2% or whole milk for children two through five years old. Can be unflavored or flavored skim, 1%, 2% or whole milk for children six years old and older.

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

Meal Component	Ages 1-2	Ages 3-5	Ages 6-12
LUNCH/SUPPER			
Fluid Milk¹	4 fl oz (½ cup)	6 fl oz (¾ cup)	8 fl oz (1 cup)
Meat/Meat Alternate			
Lean meat, poultry, fish or cheese	1 oz	1½ oz	2 oz
Tofu, soy product or alternate protein products	1 oz	1½ oz	2 oz
Large Egg	½	¾	1
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 oz or ½ cup	6 oz or ¾ cup	8 oz or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soynuts, treenuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ oz = 50%	¾ oz = 50%	1 oz = 50%
Vegetables	⅛ cup	¼ cup	½ cup
Fruits⁶	⅛ cup	¼ cup	¼ cup
Grains^{3,4}	SEE BREAKFAST		

³At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

Meal Component	Ages 1-2	Ages 3-5	Ages 6-12
SNACK⁷			
Fluid Milk¹	4 fl. oz. (½ cup)	4 fl. oz. (½ cup)	8 fl. oz. (1 cup)
Meat/Meat Alternate			
Lean meat, poultry, fish or cheese	½ oz	½ oz	1 oz
Tofu, soy product or alternate protein products	½ oz	½ oz	1 oz
Large Egg	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 oz or ¼ cup	2 oz or ¼ cup	4 oz or ½ cup
Peanuts, soy nuts, tree nuts or seeds	½ oz	½ oz	1 oz
Vegetables	½ cup	½ cup	¾ cup
Fruits⁶	½ cup	½ cup	¾ cup
Grains^{3,4}	SEE BREAKFAST		

⁴Meat 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.

⁵Yogurt must contain no more than 12 grams of added sugars per 6 ounces.

⁶A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁷Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.