

Infant Meal Pattern Breakfast

Birth through 3 Months	4 through 7 Months	8 through 11 Months
4-6 fluid ounces of formula ¹ or breastmilk ^{2,3}	4-8 fluid ounces of formula ¹ or breastmilk ^{2,3} ; 0-3 tablespoons of infant cereal ^{1,4}	6-8 fluid ounces of formula ¹ or breastmilk ^{2,3} ; and 2-4 tablespoons of infant cereal ¹ ; and 1-4 tablespoons of fruit or vegetable or both

- ¹ Infant formula and dry infant cereal must be iron-fortified.
- ² Breastmilk or formula, or portions of both, may be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months.
- ³ 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 if the infant is still hungry.
- ⁴ A serving of this component is required when the infant is developmentally ready to accept it.

Infant Meal Pattern Lunch or Supper

Birth through 3 Months	4 through 7 Months	8 through 11 Months
4-6 fluid ounces of formula ¹ or breast milk ^{2,3}	4-8 fluid ounces of formula ¹ or breast milk ^{2,3} ; 0-3 tablespoons of infant cereal ^{1,4} ; and 0-3 tablespoons of fruit or vegetable or both ⁴	6-8 fluid ounces of formula ¹ or breast milk ^{2,3} ; 2-4 tablespoons of infant cereal ¹ ; and/or 1-4 tablespoons of meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½-2 ounces of cheese; or 1-4 ounces (volume) of cottage cheese; or 1-4 ounces (weight) of cheese food or cheese spread; and 1-4 tablespoons of fruit or vegetable or both

- ¹ Infant formula and dry infant cereal must be iron-fortified.
- ² Breastmilk or formula, or portions of both, may be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months.

³ For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.

⁴ A serving of this component is required when the infant is developmentally ready to accept it.

Infant Meal Pattern Snack

Birth through 3 Months	4 through 7 Months	8 through 11 Months
4-6 fluid ounces of formula ¹ or breast milk ^{2,3}	4-6 fluid ounces of formula ¹ or breast milk ^{2,3}	2-4 fluid ounces of formula ¹ or breast milk ^{2,3} , or fruit juice ⁵ ; and 0-1/2 bread ^{4,6} or 0-2 crackers ^{4,6}

- ¹ Infant formula and dry infant cereal must be iron-fortified.
- ² Breastmilk or formula, or portions of both, may be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months.
- ³ For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.
- ⁴ A serving of this component is required when the infant is developmentally ready to accept it.
- ⁵ Fruit juice must be full-strength.
- ⁶ A serving of this component must be made from whole-grain or enriched meal or flour.

Child Meal Pattern Breakfast

Select All Three Components for a Reimbursable Meal

<i>Food Components</i>	<i>Ages 1-2</i>	<i>Ages 3-5</i>	<i>Ages 6-12¹</i>
1 milk fluid milk	1/2 cup	3/4 cup	1 cup
1 fruit/vegetable juice, ² fruit and/or vegetable	1/4 cup	1/2 cup	1/2 cup
1 grains/bread³ bread or	1/2 slice	1/2 slice	1 slice
cornbread or biscuit or roll or muffin or	1/2 serving	1/2 serving	1 serving
cold dry cereal or	1/4 cup	1/3 cup	3/4 cup
hot cooked cereal or	1/4 cup	1/4 cup	1/2 cup
pasta or noodles or grains	1/4 cup	1/4 cup	1/2 cup

¹ 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 in this column.

² Fruit or vegetable juice must be full-strength.

³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

Child Meal Pattern Lunch or Supper

<i>Food Components</i>	<i>Ages 1-2</i>	<i>Ages 3-5</i>	<i>Ages 6-12¹</i>
1 milk fluid milk	1/2 cup	3/4 cup	1 cup
2 fruits/vegetables juice, ² fruit and/or vegetable	1/4 cup	1/2 cup	3/4 cup
1 grains/bread³ bread or	1/2 slice	1/2 slice	1 slice
cornbread or biscuit or roll or muffin or	1/2 serving	1/2 serving	1 serving
cold dry cereal or	1/4 cup	1/3 cup	3/4 cup
hot cooked cereal or	1/4 cup	1/4 cup	1/2 cup
pasta or noodles or grains	1/4 cup	1/4 cup	1/2 cup
1 meat/meat alternate meat or poultry or fish ⁴ or	1 ounce	1 1/2 ounces	2 ounces
alternate protein product or	1 ounce	1 1/2 ounces	2 ounces
cheese or	1 ounce	1 1/2 ounces	2 ounces
egg or	1/2 egg	3/4 egg	1 egg
cooked dry beans or peas or	1/4 cup	3/8 cup	1/2 cup
peanut or other nut or seed butters or	2 Tbsp.	3 Tbsp.	4 Tbsp.
nuts and/or seeds ⁵ or	1/2 ounce	3/4 ounce	1 ounce
yogurt ⁶	4 ounces	6 ounces	8 ounces

¹ 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 in this column.

² Fruit or vegetable juice must be full-strength.

³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

⁴ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁵ Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be

combined with another meat/meat alternate to fulfill the lunch or supper requirement.

⁶ Yogurt may be plain or flavored, unsweetened or sweetened.

**Child Meal Pattern
Snack**

Select Two of the Four Components for a Reimbursable Snack

<i>Food Components</i>	<i>Ages 1-2</i>	<i>Ages 3-5</i>	<i>Ages 6-12¹</i>
1 milk fluid milk	1/2 cup	1/2 cup	1 cup
1 fruit/vegetable juice, ² fruit and/or vegetable	1/2 cup	1/2 cup	3/4 cup
1 grains/bread³ bread or	1/2 slice	1/2 slice	1 slice
cornbread or biscuit or roll or muffin or	1/2 serving	1/2 serving	1 serving
cold dry cereal or	1/4 cup	1/3 cup	3/4 cup
hot cooked cereal or	1/4 cup	1/4 cup	1/2 cup
pasta or noodles or grains	1/4 cup	1/4 cup	1/2 cup
1 meat/meat alternate meat or poultry or fish ⁴ or	1/2 ounce	1/2 ounce	1 ounce
alternate protein product or	1/2 ounce	1/2 ounce	1 ounce
cheese or	1/2 ounce	1/2 ounce	1 ounce
egg ⁵ or	1/2 egg	1/2 egg	1/2 egg
cooked dry beans or peas or	1/8 cup	1/8 cup	1/4 cup
peanut or other nut or seed butters or	1 Tbsp.	1 Tbsp.	2 Tbsp.
nuts and/or seeds or	1/2 ounce	1/2 ounce	1 ounce
yogurt ⁶	2 ounces	2 ounces	4 ounces

¹ 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 in this column.

² Fruit or vegetable juice must be full-strength. Juice cannot be served when milk is the only other snack component.

³ Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

⁴ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁵ One-half egg meets the required minimum amount (one ounce or less) of meat alternate.

⁶ Yogurt may be plain or flavored, unsweetened or sweetened.

**Adult Meal Pattern
Breakfast**

Select All Three Components for a Reimbursable Meal

<i>Food Components</i>	
1 milk fluid milk	1 cup
1 fruit/vegetable juice, ¹ fruit and/or vegetable	1/2 cup
1 grains/bread² bread or	2 slices
cornbread or biscuit or roll or muffin or	2 servings
cold dry cereal or	1 1/2 cups
hot cooked cereal or	1 cup
pasta or noodles or grains	1 cup
¹ Fruit or vegetable juice must be full-strength.	
² Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.	

**Adult Meal Pattern
Lunch**

<i>Food Components</i>	
1 milk fluid milk	1 cup
2 fruit/vegetable juice, ¹ fruit and/or vegetable	1 cup
1 grains/bread² bread or	2 slices
cornbread or biscuit or roll or muffin or	2 servings
cold dry cereal or	1 1/2 cups
hot cooked cereal or	1 cup
pasta or noodles or grains	1 cup
1 meat/meat alternate³ meat or poultry or fish or	2 ounces
alternate protein product or	2 ounces
cheese or	2 ounces
egg or	1 egg

cooked dry beans or peas or	1/2 cup
peanut or other nut or seed butter or	4 Tbsp.
nuts and/or seeds ⁴ or	1 ounce
yogurt ⁵	8 ounces

- ¹ Fruit or vegetable juice must be full-strength.
² Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.
³ A serving consists of the edible portion of cooked lean meat or poultry or fish.
⁴ Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch requirement.
⁵ Yogurt may be plain or flavored, unsweetened or sweetened.

Adult Meal Pattern Supper

<i>Food Components</i>	
2 fruit/vegetable juice, ¹ fruit and/or vegetable	1 cup
1 grains/bread² bread or	2 slices
cornbread or biscuit or roll or muffin or	2 servings
cold dry cereal or	1 1/2 cups
hot cooked cereal or	1 cup
pasta or noodles or grains	1 cup
1 meat/meat alternate³ meat or poultry or fish or	2 ounces
alternate protein product or	2 ounces
cheese or	2 ounces
egg or	1 egg
cooked dry beans or peas or	1/2 cup
peanut or other nut or seed butter or	4 Tbsp.
nuts and/or seeds ⁴ or	1 ounce
yogurt ⁵	8 ounces

- ¹ Fruit or vegetable juice must be full-strength.
² Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.
³ A serving consists of the edible portion of cooked lean meat or poultry or fish.
⁴ Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must

be combined with another meat/meat alternate to fulfill the lunch requirement.
⁵ Yogurt may be plain or flavored, unsweetened or sweetened.

**Adult Meal Pattern
Snack**

Select Two Components for a Reimbursable Snack

Food Components	
1 milk fluid milk	1 cup
1 fruit/vegetable juice, ¹ fruit and/or vegetable	1/2 cup
1 grains/bread² bread or	1 slice
cornbread or biscuit or roll or muffin or	1 serving
cold dry cereal or	3/4 cup
hot cooked cereal or	1/2 cup
pasta or noodles or grains	1/2 cup
1 meat/meat alternate³ meat or poultry or fish or	1 ounces
alternate protein product or	1 ounces
cheese or	1 ounces
egg or	1/2 egg
cooked dry beans or peas or	1/4 cup
peanut or other nut or seed butter or	2 Tbsp.
nuts and/or seeds or	1 ounce
yogurt ⁴	4 ounces

¹ Fruit or vegetable juice must be full-strength.

² Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

³ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁴ Yogurt may be plain or flavored, unsweetened or sweetened.