

BREAKFAST

Serve Milk, Vegetable or Fruit, Grain*

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup
Vegetable, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grain*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
oz eq = ounce equivalents

LUNCH / SUPPER

Serve All Five Components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup*
Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

* A serving of milk is not required at supper meals for adults.
oz eq = ounce equivalents

SNACK

Select Two of the Five Components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	1/2 cup	1 cup	1 cup
Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq

oz eq = ounce equivalents

Refer to USDA FNS Exhibit A for further guidance on grain serving sizes.



Fluid Milk



Vegetable



Fruit



Meat/Meat Alternate



Grain

AGES BIRTH THROUGH 5 MONTHS

BREAKFAST, SNACK, LUNCH & SUPPER MEAL PATTERNS

Milk	4-6 oz	breastmilk ¹ or formula ²
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AGES 6 MONTHS THROUGH 11 MONTHS

BREAKFAST, LUNCH & SUPPER MEAL PATTERNS

Milk	6-8 oz	breastmilk ¹ or formula ²
Grain/ Meat/Meat Alternate	0- ¹ / ₂ oz eq	infant cereal ² <i>or</i>
	0-4 tbs	meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas <i>or</i>
	0-2 oz	cheese <i>or</i>
	0-4 oz	cottage cheese or yogurt ³ <i>or</i>
	0-4 oz	a combination of the above ⁴
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both ^{4,5}

SNACK MEAL PATTERNS

Milk	2-4 oz	breastmilk ¹ or formula ²
Grain	0- ¹ / ₂ oz eq	slice bread ⁶ <i>or</i>
	0- ¹ / ₄ oz eq	crackers ⁵ <i>or</i>
	0- ¹ / ₂ oz eq	infant cereal ^{2,6} <i>or</i>
	0- ¹ / ₄ oz eq	ready-to-eat breakfast cereal ^{4,6,7}
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both ^{4,5}

oz eq = ounce equivalents

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. 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 at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

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

⁵ Fruit and vegetable juices must not be served.

⁶ A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁷ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).



Fluid Milk



Vegetable



Fruit



Meat/Meat Alternate



Grain