

MEAL PATTERN FOR CHILDREN

BREAKFAST	Children 1 and 2 years	Children 3 through 5 years	Children 6 through 12 years
Milk, fluid	1/2 cup	3/4 cup	1 cup
Juice, fruit or vegetable	1/4 cup	1/2 cup	1/2 cup
Bread or cereal:			
Bread; enriched or whole grain	1/2 slice	1/2 slice	1 slice
Cereal; cold, dry or hot, cooked	1/4 cup or 1/3 ounce 1/4 cup	1/3 cup or 1/2 ounce 1/4 cup	3/4 cup or 1 ounce 1/2 cup

SNACK (select 2 of 4 components)			
Milk, fluid	1/2 cup	1/2 cup	1 cup
Meat or meat alternate	1/2 ounce	1/2 ounce	1 ounce
Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup
Bread or cereal:			
Bread; enriched or whole grain	1/2 slice	1/2 slice	1 slice
Cereal; cold, dry or hot, cooked	1/4 cup 1/4 cup	1/3 cup 1/4 cup	3/4 cup 1/2 cup

LUNCH OR SUPPER			
Milk, fluid	1/2 cup	3/4 cup	1 cup
Meat or meat alternate			
Meat, poultry or fish, cooked (lean meat without bone)	1 ounce	1 1/2 ounces	2 ounces
Cheese	1 ounce	1 1/2 ounces	2 ounces
Cottage Cheese, cheese food or cheese spread	2 ounces or 1/4 cup	3 ounces or 3/8 cup	4 ounces or 1/2 cup
Egg	1	1	1
Cooked dry beans/peas	1/4 cup	3/8 cup	1/2 cup
Peanut Butter or other nut or seed butters	2 tablespoons	3 tablespoons	4 tablespoons
Nuts and/or seeds	1/2 ounce = 50%	3/4 ounce = 50%	1 ounce = 50%
Yogurt, plain or flavored, unsweetened or sweetened	4 ounces or 1/2 cup	6 ounces or 3/4 cup	8 ounces or 1 cup
Vegetable and/or fruit 2 or more	1/4 cup total	1/2 cup total	3/4 cup total
Bread or bread alternate Enriched or whole grain	1/2 slice	1/2 slice	1 slice