

## BREAKFAST MEAL PATTERNS - Serve Milk, Grains\*, Vegetables or Fruit



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

	AGES 1-2		AGES 3-5		AGES 6-12 & 13-18		ADULTS	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
MILK	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1 cup	1 cup	1 cup	1 cup
VEGETABLES, FRUIT OR BOTH	1/4 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
GRAINS	1/2 serving	1/2 oz eq	1/2 serving	1/2 oz eq	1 serving	1 oz eq	2 servings	2 oz eq

oz eq = ounce equivalents

## LUNCH & SUPPER MEAL PATTERNS - Serve all 5 components



	AGES 1-2		AGES 3-5		AGES 6-12 & 13-18		ADULTS	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
MILK	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1 cup	1 cup	1 cup	1 cup*
MEAT & MEAT ALTERNATES	1 oz	1 oz	1 1/2 oz	1 1/2 oz	2 oz	2 oz	2 oz	2 oz
VEGETABLES	1/4 cup	1/8 cup	1/2 cup	1/4 cup	3/4 cup	1/2 cup	1 cup	1/2 cup
FRUIT		1/8 cup		1/4 cup		1/4 cup		1/2 cup
GRAINS	1/2 serving	1/2 oz eq	1/2 serving	1/2 oz eq	1 serving	1 oz eq	2 servings	2 oz eq

\* A serving of milk is not required at supper meals for adults.

oz eq = ounce equivalents

## SNACK MEAL PATTERNS - Select 2 of the 5 components



	AGES 1-2		AGES 3-5		AGES 6-12 & 13-18		ADULTS	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
MILK	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup
MEAT & MEAT ALTERNATES	1/2 oz	1/2 oz	1/2 oz	1/2 oz	1 oz	1 oz	1 oz	1 oz
VEGETABLES	1/2 cup	1/2 cup	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup	1/2 cup
FRUIT		1/2 cup		1/2 cup		3/4 cup		1/2 cup
GRAINS	1/2 serving	1/2 oz eq	1/2 serving	1/2 oz eq	1 serving	1 oz eq	1 serving	1 oz eq

oz eq = ounce equivalents



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# New Meal Pattern Reminders

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### INFANTS

- ▶ Vegetable or fruit, or both, required to be served at snack for infants 6 through 11 months old.
- ▶ Juice or cheese food or cheese spread are no longer allowed to be served.
- ▶ Allows ready-to-eat cereals at snack.

### CHILDREN

- ▶ The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component.
- ▶ At least one serving of grains per day must be whole grain-rich.
- ▶ Grain-based desserts no longer count towards the grain component (sweet crackers allowed).
- ▶ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
- ▶ Yogurt must contain no more than 23 grams of sugar per 6 ounces.
- ▶ Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older and adults.
- ▶ Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs.
- ▶ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- ▶ Frying is not allowed as a way of preparing foods on-site.
- ▶ Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).
- ▶ Tofu counts as a meat alternate.
- ▶ Juice is limited to once per day.

