

Meal Pattern for Children

Breakfast	Children 1 - 2 years	Children 3 - 5 years	Children 6 - 12 years
Milk, fluid¹	1/2 cup	3/4 cup	1 cup
Fruit or vegetable²	1/4 cup	1/2 cup	1/2 cup
Grain³ or Meat/meat alternate⁴			
Bread; whole wheat or enriched	1/2 slice	1/2 slice	1 slice
Cereal, cold, dry, flakes or rounds ⁵	1/2 cup	1/2 cup	1 cup
Cereal, cold, dry, puffed cereal ⁵	3/4 cup	3/4 cup	1 1/4 cup
Cereal, hot, cooked ⁵	1/4 cup	1/4 cup	1/2 cup
Lean meat, poultry or fish	0.5 ounce	0.5 ounce	1 ounce
Large egg	1/2	1/2	1/2
Yogurt ⁶	1/4 cup (2 ounces)	1/4 cup (2 ounces)	1/2 cup (4 ounces)
Snack (select 2 of 5 components)			
Milk, fluid¹	1/2 cup	1/2 cup	1 cup
Meat/meat alternate			
Cheese, lean meat, poultry	0.5 oz	0.5 oz	1 oz
Nut or seed butters	1 Tablespoon	1 Tablespoon	2 Tablespoons
Yogurt ⁶	1/4 cup (2 ounces)	1/4 cup (2 ounces)	1/2 cup (4 ounces)
Fruit²	1/2 cup	1/2 cup	3/4 cup
Vegetable²	1/2 cup	1/2 cup	3/4 cup
Grain³			
Bread; whole wheat or enriched	1/2 slice	1/2 slice	1 slice
Cereal, cold, dry, flakes or rounds ⁵	1/2 cup	1/2 cup	1 cup
Cereal, cold, dry, puffed cereal ⁵	3/4 cup	3/4 cup	1 1/4 cup
Lunch or Supper			
Milk, fluid¹	1/2 cup	3/4 cup	1 cup
Meat/meat alternate			
Cheese, lean meat, poultry, fish or tofu	1 oz	1.5 oz	2 oz
Large egg	1/2	3/4	1
Cooked dry beans/peas	1/4 cup	3/8 cup	1/2 cup
Nut or seed butters	2 Tablespoons	3 Tablespoons	4 Tablespoons (1/4 cup)
Yogurt ⁶	1/2 cup (4 ounces)	3/4 cup (6 ounces)	1 cup (8 ounces)
Nuts and/or seeds	1/2 ounce = 50%	3/4 ounce = 50%	1 ounce = 50%
Vegetable	1/8 cup	1/4 cup	1/2 cup
Fruit or second vegetable	1/8 cup	1/4 cup	1/4 cup
Grain³			
Bread; whole wheat or enriched	1/2 slice	1/2 slice	1 slice
Pasta or rice	1/4 cup	1/4 cup	1/2 cup
Crackers; whole wheat or enriched	0.5 oz equivalent	0.5 oz equivalent	1 oz equivalent

(1) Unflavored whole milk only for children age one, unflavored low-fat (1%) or fat-free (skim) milk for children over age two. (2) Juice is limited to one time per day. (3) At least one serving per day must be whole grain-rich. (4) Meat/meat alternates may replace the grain component a maximum of three times per week. (5) Breakfast cereals must contain no more than 6 grams of total sugar per dry ounce (no more than 21.2 grams sugar per 100 grams of dry ounce cereal). (6) Yogurt may contain no more than 23 grams of total sugar per 6 ounces.