

## 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 <sup>1</sup> or formula <sup>2</sup>
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## AGES 6 MONTHS THROUGH 11 MONTHS

### BREAKFAST, LUNCH & SUPPER MEAL PATTERNS

Milk	6-8 oz	breastmilk <sup>1</sup> or formula <sup>2</sup>
Grain/ Meat/Meat Alternate	0- <sup>1</sup> / <sub>2</sub> oz eq	infant cereal <sup>2</sup> <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 <sup>3</sup> <i>or</i>
	0-4 oz	a combination of the above <sup>4</sup>
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both <sup>4,5</sup>

### SNACK MEAL PATTERNS

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

oz eq = ounce equivalents

<sup>1</sup> 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.

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

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

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

<sup>5</sup> Fruit and vegetable juices must not be served.

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

<sup>7</sup> 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