

MEAL PATTERN REQUIREMENTS

BREAKFAST

VEGETABLES AND FRUITS

Vegetables and/or fruits 1/2 cup
-or full-strength vegetable or fruit juice 1/2 cup
Or an equivalent quantity of any combination of vegetables, fruits, and juice

GRAIN AND BREAD ALTERNATES

Bread (whole grain or enriched) or 1 slice

BREAD ALTERNATES (whole grain or enriched):

-Cornbread, biscuits, rolls, muffins, etc. 1 serving
-or cooked pasta or noodle products 1/2 cup
-or cooked cereal grains, such as rice, corn
 grits, or bulgur
(whole grain, enriched, or fortified):
-or cooked cereal 1/2 cup
-or cold dry cereal 3/4 cup or 1 ounce
 (whichever is less)

Or an equivalent quantity of a combination
of bread or bread alternate(s)

MILK

Fluid milk 1 cup (1/2 pint)

MEAT AND MEAT ALTERNATES

(Optional) Serve as often as possible
Lean meat or poultry or fish

1 ounce (edible
(portion as served))

OR MEAT ALTERNATES

-or cheese 1 ounce
-or eggs 1 large egg
-or cooked dry beans or peas 1/2 cup
-or peanut butter 2 tablespoons
-or yogurt 4 ounces or 1/2 cup
Or an equivalent quantity of any combination
of meat or meat alternate(s)

MEAL PATTERN REQUIREMENTS

LUNCH OR SUPPER

MEAT OR MEAT ALTERNATES

Lean meat or poultry or fish

2 ounces (edible
portion as served)

OR MEAT ALTERNATES

-cheese or
-eggs or
-cooked dry beans or peas or
-peanut butter or other nut or seed butters or
-nuts and/or seeds (no more than one-half of the
requirement shall be met with nuts or seeds)
-yogurt

2 ounces
1 large egg
1/2 cup
4 tablespoons
1 ounce = 50%

8 ounces or
1 cup

(Or an equivalent quantity of any combination
of meat or meat alternates)

VEGETABLES AND FRUITS

(Must include 2 or more selections for a total of 3/4 cup):

Vegetables and/or fruits
-or full-strength vegetable or fruit juice
(juice may not count more
than 1/2 of this requirement)

3/4 cup total

GRAIN OR BREAD ALTERNATES

Bread (whole grain or enriched)

1 slice

OR BREAD ALTERNATES

-cornbread, biscuits, rolls, muffins, etc.
-or cooked pasta or noodle products
-or cooked cereal grains, such as rice,
corn grits, or bulgur

1 serving
1/2 cup
1/2 cup

Or an equivalent quantity of any combination
of bread or bread alternate(s).

MILK

Fluid milk 1 cup (1/2 pint)

MEAL PATTERN REQUIREMENTS

SNACK (supplemental food)

Choose two from the following four components:

MEAT AND MEAT ALTERNATIVES

Lean meat or poultry or fish

1 ounce (edible
portion as served)

OR MEAT ALTERNATES

- cheese or
- eggs or
- cooked dry beans or peas or
- peanut butter or other nut or seed butters or
- nut and/or seeds or
- yogurt (plain, sweetened, or flavored)

1 ounce
1 large egg
1/2 cup
2 tablespoons
1 ounce
4 ounces

Or an equivalent quantity of any combination
of meat or meat alternate(s)

VEGETABLES AND FRUITS

Vegetables and/or fruits

3/4 cup

- or full-strength vegetable or fruit juice

Or an equivalent quantity of any combination
of vegetable(s), fruit(s) and juice
(Juices cannot be served with milk)

GRAIN AND BREAD ALTERNATES

Bread (whole grain or enriched)

1 slice

OR BREAD ALTERNATES

(whole grain or enriched):

- or cornbread, biscuits, rolls, muffins, etc.
- or cooked pasta or noodle products
- or cooked cereal grains, such as rice,
- corn grits or bulgur

1 serving
1/2 cup

(whole grain, enriched, or fortified)

- or cooked cereal

1/2 cup

1/2 cup

- or cold dry cereal

3/4 cup or 1 ounce
(whichever is less)

Or an equivalent quantity of any combination
of bread or bread alternate(s)

MILK - Fluid milk

1 cup (1/2 pint)