

## 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

2 ounces

-eggs or

1 large egg

-cooked dry beans or peas or

1/2 cup

-peanut butter or other nut or seed butters or

4 tablespoons

-nuts and/or seeds (no more than one-half of the  
requirement shall be met with nuts or seeds)

1 ounce = 50%

-yogurt

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

3/4 cup total

-or full-strength vegetable or fruit juice

(juice may not count more  
than 1/2 of this requirement)

#### GRAIN OR BREAD ALTERNATES

Bread (whole grain or enriched)

1 slice

#### **OR BREAD ALTERNATES**

-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

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

1 ounce

-eggs or

1 large egg

-cooked dry beans or peas or

1/2 cup

-peanut butter or other nut or seed butters or

2 tablespoons

-nut and/or seeds or

1 ounce

-yogurt (plain, sweetened, or flavored)

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.

1 serving

-or cooked pasta or noodle products

1/2 cup

-or cooked cereal grains, such as rice,

-corn grits or bulgur

1/2 cup

(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 any combination of bread or bread alternate(s)

MILK - Fluid milk

1 cup (1/2 pint)