

APPENDIX C

U.S. DEPARTMENT OF AGRICULTURE CHILD CARE MEAL PATTERN

Children age 12 and up may be served adult-size portions based on the greater food needs of older children, but shall be served not less than the minimum quantities specified in this section for children age 6 through 12 years.

For purposes of the requirements outlined in this paragraph, a cup means a standard measuring cup.

Bread, pasta or noodle products, and cereal grains shall be whole grain or enriched; cornbread, biscuits, rolls, muffins, etc. shall be made with whole grain or enriched meal or flour; cereal shall be whole grain or enriched or fortified.

Breakfast	Children 1 and 2 years	Children 3 through 5 years	Children 6 through 12 years
Milk, fluid	½ cup (4 ounces)	¾ cup (6 ounces)	1 cup (8 ounces)
Juice or fruit or vegetable	1/4 cup	½ cup	½ cup
Bread, bread alternate**** and/or cereal enriched or whole grain	½ slice (1/2 ounce)	½ slice (1/2 ounce)	1 slice (1 ounce)
Bread or	¼ cup*	1/3 cup**	¾ cup***
Cereal: Cold dry or Hot cooked	¼ Cup	¼ cup	½ cup
AM or PM snack (supplement)			
(select 2 of these 4 components)			
Milk, fluid	½ cup (4 ounces)	½ Cup (4 ounces)	1 cup (8 ounces)
Meat or meat alternate	½ ounce	½ ounce	1 ounce
Juice or fruit or vegetable	½ cup	1/3 cup	¾ cup
Bread, bread alternate**** and/or cereal enriched or whole (grain)	½ slice (1/2 ounce)	½ slice (1/2 ounce)	1 slice (1 ounce)
Bread or	¼ cup*	1/3 cup**	¾ cup***
Cereal: Cold dry or hot cooked	¼ cup	¼ cup	½ cup
Lunch or Supper			
Milk, fluid	½ CLIP (4 ounces)	¾ cup (6 ounces)	1 cup (8 ounces)
Meat or meat alternate (lean meat or poultry or fish)	1 ounce	1 " ounces	2 ounces
Cheese	1 ounce	1 1 ounces	2 ounces
Egg	1 large egg	1 large egg	1 large egg
Cooked dry beans or peas	¼ cup	3/8 cup	½ cup
Peanut butter	2 tbsps.	3 tbsps.	4 tbsps.
Yogurt (plain or flavored) (Or an equivalent quantity of any combination of the above meat/meat alternates)	½ Cup	3/4 cup	1 cup
Vegetable and/or fruit (total of two or more)	¼ cup	½ cup	¾ cup
Bread or bread alternate**** enriched or whole grain	1/2 slice (1/2 ounce)	½ Slice (1/2 ounce)	1 slice (1 ounce)

* ¼ cup (volume) or 1/3 ounce (weight)

** 1/3 CUP (volume) Or ½ ounce (weight)

*** ¾ Cup (volume) or 1 ounce (weight)

**** Refer to Food Buying Guide "Grains and Breads" for equivalent quantities

(CASA-1)