CHILD AND ADULT CARE FOOD PROGRAM

CHILD MEAL PATTERN

April 2019

Fluid Mik? (typear olds-whole mik, age 2 and up-skim or 1%) Fruit or vegetable or both² (if serving raw, leaty salad greens, must serve wice the amount. Ex. Serve 1 cup lettuce to equal x cup serving size. It serving direct (int., only resed to serve half the amount. Ex. Serve 3 copy related to the amount. Ex. Serve 3 copy related to serve half the amount. Ex. Serve 3 copy related (int., only resed to serve half the amount. Ex. Serve 3 copy related (int., only resed to serve half the amount. Ex. Serve 3 copy related (int., only resed to serve half the amount. Ex. Serve 3 copy related (int., only resed to serve half the amount. Ex. Serve 3 copy related (int., only resed to serve half the amount. Ex. Serve 3 copy related to serve half the amount. Ex. Serve 3 copy related (int., only resed to serve half the amount. Ex. Serve 3 copy related to serve half the amount. Ex. Serve 3 copy related to serve half the amount. Ex. Serve 3 copy related (int., only related and serve and		911112 1112112 1				April 2019
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(whole grain, whole grain-rich, enriched, or fortified) Cooked cereal?, grains, pasta: Ready-to-eat cereal? (dry, cold) Flakes or rounds Puffed Saroup 18 cup Granola SNACK' SELECT TWO OF THE 5 COMPONENTS Fluid Milk³ (1 year olds-whole milk, age 2 and up-skim or 1%) (only 16 beverage pers nack-allowed) Meat or meat alternate. (see lunch/dinner for options) Vegetable® (If serving raw, leafy salad greens, must serve twice the amount. Ex Serve 1 cup lettuce to equal % cup serving size.) Fruid* (ff serving fair drit, only need to serve half the amount. Ex Serve 1 cup lettuce to equal % cup serving size.) Fruid* (and milk² (1-year olds-whole milk, age 2 and up-skim or 1%) Weat or meat alternate. (lean meat, poultry, fish) Tofus (commercially prepared, firm or extra firm) (each % c or 2.2 ounces must contain 5 grams of protein) Cheese Cottage cheese Cottage cheese Cottage cheese Cottage cheese Coded dry beans or peas Peanut butter or other nut or seed butters Peanut butter or other nut or seeds (can only meet up to ½ of the requirement) Fruids* (If serving dried fruit, only need to serve half the amount. Ex Serve 1980, 200, 200, 200, 200, 200, 200, 200, 2		serve twice the amount. Ex: Serve 1 cup lettuce to equal ½ cup serving size. If serving dried fruit, only need to serve half the amount. Ex: Serve ¼		¼ cup	₩ cup	½ cup
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Puffed Granola 1/8 cup	-	Ready-to-eat cereal ⁷ (dry, cold)				
SNACK' SELECT TWO OF THE 5 COMPONENTS 1 and 2 3 through 5 6-12 and 13-18' Fluid Mik ² (1 year olds-whole milk, age 2 and up-skim or 1%) (only 1 beverage per snack allowed) Meat or meat alternate ^{4,5} (see lunch/dinner for options) Wegetable ⁶ (If serving raw, leafy salad greens, must serve twice the amount. Ex. Serve 1 cup lettuce to equal ½ cup servings ize.) Fruil ⁶ (If serving dired fruit, only need to serve half the amount. Ex. Serve 2 ½ cup raisins to equal ½ cup serving) Grains ^{7,6} whole grain, whole grain-rich, enriched Breads, grains, cereal, pasta products, see breakfast requirements LUNCH & SUPPER¹ SERVE ALL 5 COMPONENTS Fluid milk² (1-year olds-whole milk, age 2 and up-skim or 1%) Weat or meat alternate (lean meat, poultry, fish) Tofu² (commercially prepared, firm or extra firm) (each ½ cor 2.2 ounces must contain 5 grams of protein) Cheese Cottage cheese Cottage cheese Cooked dry beans or peas Peanut butter or other nut or seed butters Peanut butter or other nut or seed butters Peanuts, soy nuts, tree nuts, or seeds (can only meet up to ½ of the requirement) Young is cup Young in the firm of the protein in th			676			
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Cheese Cottage cheese Cottage cheese Egg (large) Cooked dry beans or peas Peanut butter or other nut or seed butters Peanuts, soy nuts, tree nuts, or seeds (can only meet up to ½ of the requirement) Yogurt ⁵ (milk or soy based, commercially prepared) Vegetables ⁶ (If serving raw, leafy salad greens, must serve twice the amount. Ex Serve 1 cup lettuce to equal ½ cup serving) Fruits ^{6,7} (If serving dried fruit, only need to serve half the amount. Ex Serve ½ cup raisins to equal ½ cup serving) 1 ounce 1½ ounces 3 ounces (½ cup) 4 ounces (½ cup) 3 vegg 1 egg 1 egg 1 oz. = 50% 50% 50% 50% 50% 1 oz. = 50% (6 oz.) (8 oz.) Vegetables ⁶ (If serving raw, leafy salad greens, must serve twice the amount. Ex Serve 1 cup lettuce to equal ½ cup serving size.)		Tofu ⁴ (commercially prepared, firm or extra firm)				
Cottage cheese 2 ounces (½ cup) 3 ounces (½ cup)		(each ¼ c or 2.2 ounces must contain 5 grams of protein)		(¼ cup)	(3/8 cup)	
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Grains ^{8,9} : whole grain, whole grain-rich, enriched Wozeg. Wozeg. Wozeg. Wozeg.				1/8 cup	₩ cup	₽ ½ cup
		Serve ¼ cup raisins to equal ½ cup serving)		1/8 cup	₩ cup	
	(½ oz eq.	y oz eq.	1 oz eq.

BREAKFAST¹ SERVE ALL 3 COMPONENTS

- ¹ Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.
- ² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
- ³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.
- ⁴ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- ⁵ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.
- ⁶ Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.
- ⁷ 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).

SNACK¹ SELECT TWO OF THE 5 COMPONENTS

- ¹ Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.
- ² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
- ³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.
- ⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.
- ⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- ⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- ⁷ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.
- ⁸ 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).

LUNCH & SUPPER¹ SERVE ALL 5 COMPONENTS

- ¹ Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.
- ² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
- ³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.
- ⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.
- ⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- ⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- ⁷ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
- ⁸ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.
- ⁹ 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).