BREAKFAST: 3 FOOD COMPONENTS

MILK
Fluid milk

VEGETABLES, FRUITS OR PORTIONS OF BOTH
Vegetables(s) and/or fruits(s)

GRAINS 5, 6, 7 (WHOLE GRAIN, WHOLE GRAIN- RICH, ENRICHED)
Bread

Ready-to-eat breakfast cereal—dry, cold

OPTIONS: MEAL MEAL MEAL ALTERNATES MAY BE CHOSEN TO MEET THE ENTIRE GRAINS REQUIREMENT A MAXIMUM OF THREE TIMES A WEEK. 5

LUNCH/SUPPER: 5 FOOD COMPONENTS

MILK
Fluid milk

MEAT AND MEAT ALTERNATES
Lean meat, poultry or fish
Tofu, soy products or alternate protein products
Cheese
Large egg
Cooked dry beans or peas
Peanut butter or soy nut butter or other nut/seed butters
Yogurt, plain or flavored, unsweetened or sweetened

FRUITS 3, 4

Vegetables

GRAINS 5, 6, 7 (WHOLE GRAIN, WHOLE GRAIN- RICH, ENRICHED)
Bread

Ready-to-eat breakfast cereal—dry, cold

SNACK: SELECT 2 OF THE 5 FOOD COMPONENTS

MILK
Fluid milk

MEAT AND MEAT ALTERNATES
Lean meat, poultry or fish
Tofu, soy products, or alternate protein products
Cheese
Large egg
Cooked dry beans or peas
Peanut butter or soy nut butter or other nut/seed butters
Yogurt, plain or flavored, unsweetened or sweetened

CONVENIENCE ENTREES—FROZEN OR CANNED
Commerically processed combination foods must have CN label or manufacturer’s Product Formulation Statement stating the food component contribution to the meal pattern.

DRIED BEANS OR PEAS
A serving of cooked dry beans or peas may count as a vegetable or a meat alternate, but not as both components in the same meal.

YOGURT
Yogurt must not contain more than 23 g of total sugars per 6 ounces (15 grams per 4 ounces or 3.8 grams per ounce).

BREAKFAST
Meal/meal alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat/meat alternates is equal to one ounce equivalent of grains (one serving).

CONVERSIONS
1 cup = 8 fl. oz.
1 cup = 6 fl. oz.
1 cup = 8 fl. oz.
1 pint = 2 cups
1 quart = 2 pints = 4 cups
1 gallon = 4 quarts = 16 cups

1. Larger portion sizes than specified may need to be served to children age 13–18 years to meet their nutritional needs.
2. For children up one must be unflavored whole milk. For children age 2–12, must be unflavored low-fat (1%) or unflavored fat-free (0%) milk. For children age 6 years and older, must be unflavored low-fat (1%) or unflavored fat-free (0%) milk. For children age 6 years and older, must be unflavored low-fat (1%) or unflavored fat-free (0%) milk. For children age 6 years and older, must be unflavored low-fat (1%) or unflavored fat-free (0%) milk. For children age 6 years and older, must be unflavored low-fat (1%) or unflavored fat-free (0%) milk. For children age 6 years and older, must be unflavored low-fat (1%) or unflavored fat-free (0%) milk. For children age 6 years and older, must be unflavored low-fat (1%) or unflavored fat-free (0%) milk. For children age 6 years and older, must be unflavored low-fat (1%) or unflavored fat-free (0%) milk.
3. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
4. 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.
5. At least one serving per day across all eating occasions, must be 100% whole grains. Grain-based desserts do not count towards meeting the grains requirement.
6. At breakfast, meal/meal 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 (one serving).
7. Beginning October 1, 2018, ounce equivalents are used to determine the quantity of reimbursable grains.
8. Breakfast cereals must contain no more than 6 grams of sugar per dry serving. No more than 21 grams sugar per 100 grams of cereal.
9. At lunch and supper, no more than 50% of the meal’s meat alternate requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meal/meal alternate to fulfill the requirement. For purpose of determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry or fish.
10. The serving size for lean meat, poultry or fish is the edible portion as served.
11. Alternate protein products must meet the requirements in Appendix A to Part 236.
12. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.