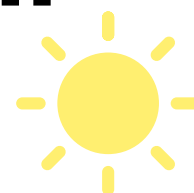


# Meal Pattern for Children

*Ages 1 - 18*

## BREAKFAST

3 required meal components



### Milk

1-2

3-5

6-18

|  | 1-2  | 3-5  | 6-18 |
|--|------|------|------|
| <b>fluid milk</b><br>1 year olds: unflavored whole milk<br>2-5: unflavored 1% or skim<br>6-18: unflavored or flavored 1% or skim | 4 oz | 6 oz | 8 oz |

### Vegetables/Fruits

|  | 1-2     | 3-5     | 6-18    |
|--|---------|---------|---------|
| vegetables, fruits, or portions of both<br>(juice may only be served once/day) | 1/4 cup | 1/2 cup | 1/2 cup |

### Grains

|                                      | 1-2       | 3-5       | 6-18      |
|--------------------------------------|-----------|-----------|-----------|
| bread, biscuit, muffin               | 1/2 oz eq | 1/2 oz eq | 1 oz eq   |
| cereal, cooked                       | 1/4 cup   | 1/4 cup   | 1/2 cup   |
| cereal, dry: <i>granola</i>          | 1/8 cup   | 1/8 cup   | 1/4 cup   |
| cereal, dry: <i>flakes or rounds</i> | 1/2 cup   | 1/2 cup   | 1 cup     |
| cereal, dry: <i>puffed</i>           | 3/4 cup   | 3/4 cup   | 1 1/4 cup |

### Meat/Meat Alt. *optional*

|  | 1-2     | 3-5     | 6-18    |
|--|---------|---------|---------|
| lean meat, poultry, or fish                | 1/2 oz  | 1/2 oz  | 1 oz    |
| cheese (natural/processed)                 | 1/2 oz  | 1/2 oz  | 1 oz    |
| cottage cheese, cheese food, cheese spread | 1 oz    | 1 oz    | 2 oz    |
| egg, whole                                 | 1/4 egg | 1/4 egg | 1/2 egg |
| yogurt                                     | 1/4 cup | 1/4 cup | 1/2 cup |
| nut/seed butter                            | 1 Tbsp  | 1 Tbsp  | 2 Tbsp  |

Please note, portions listed are minimums.  
Serving larger portions is encouraged, especially to older children and those that ask for more.

conversions:

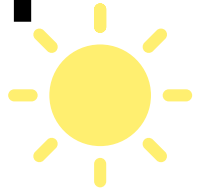
1/2 c = 4 oz    1 pint = 2 c  
3/4 c = 6 oz    1 quart = 2 pints = 4 c  
1 c = 8 oz    1 gallon = 4 quarts = 16 c

# Meal Pattern for Children

*Ages 1 - 18*

LUNCH & SUPPER

5 required meal components



## Milk

1-2

3-5

6-18

| fluid milk<br>1 year olds: unflavored whole milk<br>2-5: unflavored 1% or skim<br>6-18: unflavored or flavored 1% or skim | 4 oz | 6 oz | 8 oz |
|---|------|------|------|
|   |      |      |      |

## Vegetables

| vegetables<br>(juice may only be served once/day) | 1/8 cup | 1/4 cup | 1/2 cup |
|---|---------|---------|---------|
|   |         |         |         |

## Fruits

| fruits<br>(juice may be served once/day;<br>a 2nd vegetable may be served in place of fruit) | 1/8 cup | 1/4 cup | 1/4 cup |
|--|---------|---------|---------|
|  |         |         |         |

## Grains

| bread, biscuit, roll, bun, tortilla, crackers | 1/2 oz eq | 1/2 oz eq | 1 oz eq |
|---|-----------|-----------|---------|
| pasta, rice, grits                            | 1/4 cup   | 1/4 cup   | 1/2 cup |

## Meat/Meat Alt.

|  |         |          |         |
|--|---------|----------|---------|
| lean meat, poultry, or fish                | 1 oz    | 1 1/2 oz | 2 oz    |
| cheese (natural/processed)                 | 1 oz    | 1 1/2 oz | 2 oz    |
| cottage cheese, cheese food, cheese spread | 2 oz    | 3 oz     | 4 oz    |
| beans, peas and lentils                    | 1/4 cup | 3/8 cup  | 1/2 cup |
| egg, whole                                 | 1/2 egg | 3/4 egg  | 1 egg   |
| yogurt                                     | 1/2 cup | 3/4 cup  | 1 cup   |
| nut/seed butter                            | 2 Tbsp  | 3 Tbsp   | 4 Tbsp  |
| nuts and seeds                             | 1/2 oz  | 3/4 oz   | 1 oz    |

conversions:

1/2 c = 4 oz    1 pint = 2 c  
 3/4 c = 6 oz    1 quart = 2 pints = 4 c  
 1 c = 8 oz    1 gallon = 4 quarts = 16 c

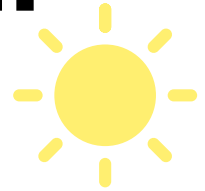
Please note, portions listed are minimums.  
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MARCH 2026

# Meal Pattern for Children

*Ages 1 - 18*

## SNACK



2 required meal components  
only 1 may be a beverage

### Milk

1-2

3-5

6-18

|  | 1-2  | 3-5  | 6-18 |
|--|------|------|------|
| <b>fluid milk</b><br>1 year olds: unflavored whole milk<br>2-5: unflavored 1% or skim<br>6-18: unflavored or flavored 1% or skim | 4 oz | 4 oz | 8 oz |

### Vegetables

|  | 1-2     | 3-5     | 6-18    |
|--|---------|---------|---------|
| <b>vegetables</b><br>(juice may only be served once/day) | 1/2 cup | 1/2 cup | 3/4 cup |

### Fruits

|   | 1-2     | 3-5     | 6-18    |
|---|---------|---------|---------|
| <b>fruits</b><br>(juice may be served once/day) | 1/2 cup | 1/2 cup | 3/4 cup |

### Grains

|   | 1-2       | 3-5       | 6-18      |
|---|-----------|-----------|-----------|
| bread, biscuit, roll, bun, tortilla, crackers | 1/2 oz eq | 1/2 oz eq | 1 oz eq   |
| pasta, rice, grits                            | 1/4 cup   | 1/4 cup   | 1/2 cup   |
| cereal, dry: granola                          | 1/8 cup   | 1/8 cup   | 1/4 cup   |
| cereal, dry: flakes or rounds                 | 1/2 cup   | 1/2 cup   | 1 cup     |
| cereal, dry: puffed                           | 3/4 cup   | 3/4 cup   | 1 1/4 cup |

### Meat/Meat Alt.

|  | 1-2     | 3-5     | 6-18    |
|--|---------|---------|---------|
| lean meat, poultry, or fish                | 1/2 oz  | 1/2 oz  | 1 oz    |
| cheese (natural/processed)                 | 1/2 oz  | 1/2 oz  | 1 oz    |
| cottage cheese, cheese food, cheese spread | 1 oz    | 1 oz    | 2 oz    |
| beans, peas and lentils                    | 1/8 cup | 1/8 cup | 1/4 cup |
| egg, whole                                 | 1/2 egg | 1/2 egg | 1/2 egg |
| yogurt                                     | 1/4 cup | 1/4 cup | 1/2 cup |
| nut/seed butter                            | 1 Tbsp  | 1 Tbsp  | 2 Tbsp  |
| nuts and seeds                             | 1/2 oz  | 1/2 oz  | 1 oz    |

conversions:

1/2 c = 4 oz    1 pint = 2 c  
 3/4 c = 6 oz    1 quart = 2 pints = 4 c  
 1 c = 8 oz    1 gallon = 4 quarts = 16 c

Please note, portions listed are minimums.  
 Serving larger portions is encouraged, especially to older children and those that ask for more.

# Meal Pattern for Children

## Important Reminders

### Milk

- Children age one (after first birthday and prior to second), must receive unflavored whole milk.
- Children ages 2 - 5 must receive unflavored 1% (lowfat) or fat-free (skim).
- Children ages 6 and older must receive unflavored or flavored 1% or fat-free.
- Children 12 - 13 months may continue to receive infant formula as they transition to unflavored whole milk.
- Breastmilk is creditable for children of any age.
- Children 24 - 25 months may receive whole or 2% milk as they transition to 1% or fat-free.
- The type(s) of milk served must be noted on the menu (fat content and unflavored or flavored).
- Refer to the *Milk Substitutes & Creditable Milks* list for creditable non-dairy substitutes.

### Fruits & Vegetables

- Vegetable or fruit juice must be full-strength, pasteurized, and 100% juice.
- Juice may not be served more than once per day.
- One cup of raw, leafy greens credits as 1/2 cup vegetable.
- 1/4 cup dried fruit, such as raisins, credits as 1/2 cup fruit.
- Lunch and supper must contain at least one vegetable and one fruit. A second, different vegetable may be served in place of fruit.

### Grains

- All grains must be whole, enriched, or whole grain-rich.
- Pre-packaged grains must have enriched flour or meal or whole grains as the first ingredient (or 2nd after water). Sugar must not be the first ingredient.
- At least one serving of grains per day must be whole grain-rich and it must be noted on the menu (e.g. "WGR graham crackers"). 100% whole grain strongly encouraged.
- Corn masa and masa harina are considered whole grain-rich.
- Corn flour, corn meal, and other corn products must clearly state they are whole or enriched to be creditable as a grain. In order to be considered whole grain-rich, they must be whole or treated with lime (nixtamalized).
- Grain based-desserts such as cookies, donuts, granola/grain bars are not creditable.
- Cereals must have no more than 6 g of added sugar/dry ounce. See the *Florida WIC Approved Cereal List* (additional cereals not listed here may be creditable, also).

### Meat/Meat Alt.

- Commercially processed combination foods such as breaded chicken, pizza, and lasagna must have a CN Label or Product Formulation Statement identifying the meal pattern contribution.
- Meat/meat alternates are not required at breakfast but may be served as an extra or in place of the entire grains component no more than 3 times/week.
- Yogurt must have no more than 12 g of added sugar/ 6 oz.
- A serving of nuts or seeds may credit as 100% of the meat alternate meal component.
- A serving of cooked beans, peas or lentils may credit as either a meat alternate *or* vegetable.

