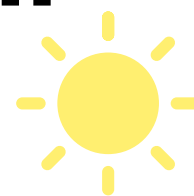


Meal Pattern for Children

Ages 1 - 18

BREAKFAST



3 required meal components

Milk

1-2

3-5

6-18

fluid milk	1-2	3-5	6-18
1 year olds: unflavored whole milk 2-5: unflavored whole, 2%, 1% or skim 6-18: unflavored or flavored whole, 2%, 1% or skim	4 oz	6 oz	8 oz

Vegetables/Fruits

vegetables, fruits, or portions of both (juice may only be served once/day)	1-2	3-5	6-18
	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.

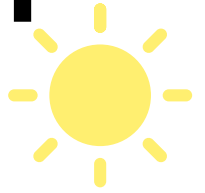
conversions:

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 1 year olds: unflavored whole milk 2-5: unflavored whole, 2%, 1% or skim 6-18: unflavored or flavored whole, 2%, 1% or skim	4 oz	6 oz	8 oz
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Vegetables

vegetables (juice may only be served once/day)	1/8 cup	1/4 cup	1/2 cup
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Fruits

fruits (juice may be served once/day; a 2nd vegetable may be served in place of fruit)	1/8 cup	1/4 cup	1/4 cup
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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.
 Serving larger portions is encouraged, especially to older children and those that ask for more.

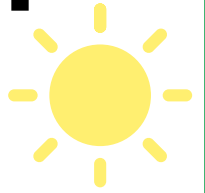
JUNE 2026

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

fluid milk 1 year olds: unflavored whole milk 2-5: unflavored whole, 2%, 1% or skim 6-18: unflavored or flavored whole, 2%, 1% or skim	4 oz	4 oz	8 oz
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Vegetables

vegetables (juice may only be served once/day)	1/2 cup	1/2 cup	3/4 cup
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Fruits

fruits (juice may be served once/day)	1/2 cup	1/2 cup	3/4 cup
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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
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.

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 whole, 2% (reduced-fat) 1% (low-fat) or skim (fat-free).
- Children ages 6 and older must receive unflavored or flavored whole, 2% (reduced-fat), 1% (low-fat) or skim (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.
- The type(s) of milk served may be noted on the menu (fat content and unflavored or flavored).
- Refer to the *Creditable Milk Substitutes* 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.

