

- Only pasteurized fruit juice. Some kinds of juice and cider have not been pasteurized and may contain harmful bacteria. Frozen concentrate, shelf stable juice in hermetically-sealed containers, including infant juices, and canned juices are processed or pasteurized to eliminate harmful bacteria.

NOTE: Vegetable juices and fruit juices with yogurt are NOT reimbursable in the infant meal pattern because, by regulation, only full-strength fruit juice is reimbursable. Although these products are NOT reimbursable, they can be served as additional foods if a parent requests that they be served. **(DFPS regulations prohibit serving juice to infants)**

4113.2 Meal Pattern Charts – Children One Year and Older

CHILD CARE MEAL PATTERN FOR CHILDREN ONE YEAR OLD OR OLDER

BREAKFAST FOOD COMPONENTS Serve All Three Components for a Reimbursable Meal		Age 1 - 2	Age 3 - 5	Age 6 - 12 ¹
Milk ^{2,3}	Milk, fluid ^{2,3}	1/2 cup (4 fl oz)	3/4 cup (6 fl oz)	1 cup (8 fl oz)
Vegetables/ Fruits ⁴	Vegetable(s) and/or fruit(s) or	1/4 cup	1/2 cup	1/2 cup
	Full strength vegetable or fruit juice ⁴ , or	1/4 cup	1/2 cup	1/2 cup
	An equivalent quantity of any combination of vegetable(s), fruit(s) and juice ⁴			
Grains/Breads ^{5,6,7}	Bread ⁵ , or	1/2 slice (serving) ⁶	1/2 slice (serving) ⁶	1 slice (serving) ⁶
	Cornbread, biscuits, rolls, muffins, etc. ⁵ , or	1/2 serving	1/2 serving	1 serving
	Cold dry cereal ^{5,7} , or	1/4 cup or 1/3 oz ⁷	1/3 cup or 1/2 oz ⁷	3/4 cup or 1 oz ⁷
	Cooked cereal ⁵ , or	1/4 cup	1/4 cup	1/2 cup
	Cooked pasta or noodle products ⁵ , or	1/4 cup	1/4 cup	1/2 cup
	Cooked cereal grains ⁵ , or	1/4 cup	1/4 cup	1/2 cup
	An equivalent quantity of any combination of Grains/Breads			

- ¹ Children ages 13 through 18 must be served minimum or larger portion sizes specified in this column for children ages 6 through 12.
- ² USDA requires children ages 2 and older be served low-fat (1%) or non-fat (skim) milk. *Texas Department of Family and Protective Services Child Care Licensing (TDFPS CCL) does not allow flavored (sweetened) milk, except for special occasions.*
- ³ USDA requires water be made available at all meals and upon request, but does not take the place of milk. *TDFPS CCL requires that water is always available to each child and is served at every snack, mealtime, and after active play in a safe and sanitary manner.*
- ⁴ Fruit or vegetable juice must be full-strength. You may serve an equivalent quantity of any combination of vegetable(s) or fruit(s), and juice. *TDFPS CCL only allows juice to be served once daily in the amounts of up to 4 ounces of juice for children ages 12 months through 5 years of age and 6 ounces for children ages 6 years and older.*
- ⁵ Bread, pasta or noodle products, and cereal grains, must be whole-grain or enriched. Cornbread, biscuits, rolls, muffins, etc. must be made with whole grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.
- ⁶ Slice (serving) is not a measurable unit. A measurable amount of each food item prepared must be entered on the Daily Meal Production Record - Child Care. Quantity is an optional entry on Day Care Home Meal Service Record Form H1539. Examples of how to document a measurable amount for bread slice can be found on the instructions to the Daily Meal Production Record – Child Care as well as in the Food Buying Guide.
- ⁷ Either volume (cup) or weight (oz), whichever is less.

(See your Food Buying Guide for more details.)

Chart Revised by TDA F&N – Aug 2013