

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			
<p>¹ Children ages 13 through 18 must be served minimum or larger portion sizes specified in this column for children ages 6 through 12.</p> <p>² USDA requires children ages 2 and older be served low-fat (1%) or non-fat (skim) milk. <i>Texas Department of Family and Protective Services Child Care Licensing (TDFPS CCL) does not allow flavored (sweetened) milk, except for special occasions.</i></p> <p>³ USDA requires water be made available at all meals and upon request, but does not take the place of milk. <i>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.</i></p> <p>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. <i>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.</i></p> <p>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.</p> <p>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 Form H1530. 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 H1530 as well as in the Food Buying Guide.</p> <p>⁷ Either volume (cup) or weight (oz), whichever is less.</p>				

(See your Food Buying Guide for more details.)

Chart Revised by TDA F&N – Aug 2013