

CHILD CARE MEAL PATTERN FOR CHILDREN ONE YEAR OLD OR OLDER (cont.)

LUNCH or SUPPER FOOD COMPONENTS Serve All Four Components for a Reimbursable Meal		Age 1 - 2	Age 3 - 5	Age 6 - 12¹
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/ Fruits⁴ (2 or more)	Vegetable(s) and/or fruit(s)	1/4 cup total	1/2 cup total	3/4 cup total
Grains/Breads^{5,6}	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
	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			
Meat/Meat Alternates^{7,8,9,10}	Lean meat or poultry or fish ⁷ , or	1 oz	1 1/2 oz	2 oz
	Alternate protein products ⁸ , or	1 oz	1 1/2 oz	2 oz
	Cheese, or	1 oz	1 1/2 oz	2 oz
	Egg (large), or	1/2 large egg	3/4 large egg	1 large egg
	Cooked dry beans or peas, or	1/4 cup	3/8 cup	1/2 cup
	Peanut butter or soynut butter, or other nut or seed butters, or	2 Tbsp	3 Tbsp	4 Tbsp
	Peanuts or soynuts or tree nuts or seeds ^{9,10} , or	1/2 oz = 50% ⁹	3/4 oz = 50% ⁹	1 oz = 50% ⁹
	Yogurt - plain or flavored, unsweetened or sweetened, or	4 oz or 1/2 cup	6 oz or 3/4 cup	8 oz or 1 cup
An equivalent quantity of any combination of the above Meat/Meat Alternates				

- 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 Serve two or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement. *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 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.
- ⁷ A serving consists of the edible portion of cooked lean meat or poultry or fish.
- ⁸ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 226.
- ⁹ Nuts and seeds may meet only one-half of the total Meat/Meat Alternate serving and must be combined with another Meat/Meat Alternate to fulfill the lunch or supper requirement. 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry, or fish.
- ¹⁰ Nuts and seeds are generally not recommended to be served to children under 4 years of age since they present a choking hazard. If served, nuts and seeds should be finely minced.

(See your Food Buying Guide for more details.)

Chart Revised by TDA F&N – Aug 2013