

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

<b>LUNCH or SUPPER FOOD COMPONENTS</b> Serve All Four Components for a Reimbursable Meal		<b>Age 1 - 2</b>	<b>Age 3 - 5</b>	<b>Age 6 - 12<sup>1</sup></b>
<b>Milk<sup>2,3</sup></b>	Milk, fluid <sup>2,3</sup>	1/2 cup (4 fl oz)	3/4 cup (6 fl oz)	1 cup (8 fl oz)
<b>Vegetables/ Fruits<sup>4</sup></b> <b>(2 or more)</b>	Vegetable(s) and/or fruit(s)	1/4 cup total	1/2 cup total	3/4 cup total
<b>Grains/Breads<sup>5,6</sup></b>	Bread <sup>5</sup> , or Cornbread, biscuits, rolls, muffins, etc. <sup>5</sup> , or Cooked pasta or noodle products <sup>5</sup> , or Cooked cereal grains <sup>5</sup> , or An equivalent quantity of any combination of Grains/Breads	1/2 slice (serving) <sup>6</sup> 1/2 serving 1/4 cup 1/4 cup	1/2 slice (serving) <sup>6</sup> 1/2 serving 1/4 cup 1/4 cup	1 slice (serving) <sup>6</sup> 1 serving 1/2 cup 1/2 cup
<b>Meat/Meat Alternates<sup>7,8,9,10</sup></b>	Lean meat or poultry or fish <sup>7</sup> , or Alternate protein products <sup>8</sup> , or Cheese, or Egg (large), or Cooked dry beans or peas, or Peanut butter or soynut butter, or other nut or seed butters, or Peanuts or soynuts or tree nuts or seeds <sup>9,10</sup> , or Yogurt - plain or flavored, unsweetened or sweetened, or An equivalent quantity of any combination of the above Meat/Meat Alternates	1 oz 1 oz 1 oz 1/2 large egg 1/4 cup 2 Tbsp 1/2 oz = 50% <sup>9</sup> 4 oz or 1/2 cup	1 1/2 oz 1 1/2 oz 1 1/2 oz 3/4 large egg 3/8 cup 3 Tbsp 3/4 oz = 50% <sup>9</sup> 6 oz or 3/4 cup	2 oz 2 oz 2 oz 1 large egg 1/2 cup 4 Tbsp 1 oz = 50% <sup>9</sup> 8 oz or 1 cup

- <sup>1</sup> Children ages 13 through 18 must be served minimum or larger portion sizes specified in this column for children ages 6 through 12.
- <sup>2</sup> 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.*
- <sup>3</sup> 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.*
- <sup>4</sup> 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.*
- <sup>5</sup> 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.
- <sup>6</sup> 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.
- <sup>7</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.
- <sup>8</sup> Alternate protein products must meet requirements in Appendix A of 7 CFR Part 226.
- <sup>9</sup> 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.
- <sup>10</sup> 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