

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

SNACKS Select Two of the Four Components		Age 1 - 2	Age 3 - 5	Age 6 - 12¹
Milk^{2,3}	Milk, fluid ^{2,3}	1/2 cup (4 fl oz)	1/2 cup (4 fl oz)	1 cup (8 fl oz)
Vegetables/ Fruits^{4,5}	Vegetable(s) and/or fruit(s), or	1/2 cup	1/2 cup	3/4 cup
	Full strength vegetable or fruit juice ^{4,5} , or	1/2 cup	1/2 cup	3/4 cup
	An equivalent quantity of any combination of vegetable(s), fruit(s) and juice ^{4,5}			
Grains/Breads^{6,7,8}	Bread ⁶ , or	1/2 slice (serving) ⁷	1/2 slice (serving) ⁷	1 slice (serving) ⁷
	Cornbread, biscuits, rolls, muffins, etc. ⁶ , or	1/2 serving	1/2 serving	1 serving
	Cold dry cereal ⁶ , or	1/4 cup or 1/3 oz ⁸	1/3 cup or 1/2 oz ⁸	3/4 cup or 1 oz ⁸
	Cooked cereal ⁶ , or	1/4 cup	1/4 cup	1/2 cup
	Cooked pasta or noodle products ⁶ , or	1/4 cup	1/4 cup	1/2 cup
	Cooked cereal grains ⁶ , or	1/4 cup	1/4 cup	1/2 cup
	An equivalent quantity of any combination of Grains/Breads			
Meat/ Meat Alternates^{9,10,11}	Lean meat or poultry or fish ⁹ , or	1/2 oz	1/2 oz	1 oz
	Alternate protein products ¹⁰ , or	1/2 oz	1/2 oz	1 oz
	Cheese, or	1/2 oz	1/2 oz	1 oz
	Egg (large), or	1/2 large egg	1/2 large egg	1/2 large egg
	Cooked dry beans or peas, or	1/8 cup	1/8 cup	1/4 cup
	Peanut butter or soynut butter, or other nut or seed butters, or	1 Tbsp	1 Tbsp	2 Tbsp
	Peanuts or soynuts or tree nuts or seeds ¹¹ , or	1/2 oz	1/2 oz	1 oz
	Yogurt - plain or flavored, unsweetened or sweetened, or	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 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 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 Juice may not be served when milk is the only other component.
- ⁶ 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.
- ⁷ 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.
- ⁸ Either volume (cup) or weight (oz), whichever is less.
- ⁹ A serving consists of the edible portion of cooked lean meat or poultry or fish.
- ¹⁰ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 226.
- ¹¹ 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

In addition to the meal pattern requirements, CEs and sites must also adhere to the following guidance:

- Children 12 and older may be served adult size portions but must be served at least the minimum amount for children age 6 to 12.
- “Cup” means a standard measuring cup of 8 oz.
- Bread, pasta or noodle products, and cereal grains must be wholegrain or enriched. Cornbread, biscuits, rolls, muffins, etc., must be made with wholegrain or enriched meal or flour. Cereal must be wholegrain, enriched, or fortified.
- For products made with corn meal or corn flour, such as cornbread or corn tortillas; the label must have:
 - “Whole corn” (or other “whole” corn designations, such as whole grain corn, whole ground corn, whole cornmeal, whole corn flour, etc.); or
 - “Enriched” corn (or other “enriched” corn designations, such as enriched yellow cornmeal, enriched corn flour, enriched corn grits, etc.).
- All serving sizes and equivalents must be as specified in the Food Buying Guide (FBG) for Child Nutrition Programs as published by USDA. A link to the FBG is located on the TDA website at <http://www.squaremeals.org>, under F&N Resources, Tools & Links. The FBG Calculator and Crediting Handbook for Child Nutrition Programs are also available. The calculator allows users to build shopping lists of foods from the FBG and determine how much of each item to purchase to provide enough servings for the children in their program. The Crediting Handbook provides crediting information for commonly served foods.