

Child Care Food Program Meal Pattern for Children

Children age one and older participating in the Child Care Food Program, must be served at least the total minimum amount of food authorized per meal as stated below in order to qualify for reimbursement.

Child Meal Pattern Food Components:		Age Group and Serving Size:		
		1 and 2 year olds:	3 – 5 year olds:	6 – 12 ¹ year olds:
Breakfast (3 components)	Milk¹¹ Fluid milk	1/2 cup	3/4 cup	1 cup
	Vegetables and Fruits¹² Vegetable(s) and/or fruit(s) or Full-strength vegetable or fruit juice ²	1/4 cup 1/4 cup	1/2 cup 1/2 cup	1/2 cup 1/2 cup
	Grains/Breads^{13, 14} Bread or Combread, biscuits, rolls, muffins, etc. or Cold dry cereal ¹ or Cooked cereal grains or Cooked pasta or noodle products	1/2 slice 1/2 serving 1/4 cup or 1/3 oz. 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup or 1/2 oz. 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup or 1 oz. 1/2 cup 1/2 cup
Lunch/Supper (4 components – 5 items)	Milk¹¹ Fluid milk	1/2 cup	3/4 cup	1 cup
	Vegetables and Fruits¹² Vegetable(s) and/or fruit(s). 2 or more	1/4 cup total	1/2 cup total	3/4 cup total
	Grains/Breads^{13, 14} Bread or Combread, biscuits, rolls, muffins, etc. or Cooked pasta or noodle products or Cooked cereal grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/4 cup 1/4 cup	1 slice 1 serving 1/2 cup 1/2 cup
	Meat and Meat Alternates¹⁵ Lean meat or poultry or fish ² or Alternate protein products ⁸ or cheese or Egg (large) or Cooked dry beans or peas or Peanut butter or soynut butter or other nut/seed butters or Peanuts or soynuts or tree nuts or seeds ⁹ or Yogurt, plain or flavored, unsweetened or sweetened	1 oz. 1 oz. 1 oz. 1/2 egg 1/4 cup 2 Tbsp. 1/2 oz. = 50% 4 oz. or 1/2 cup	1 1/2 oz. 1 1/2 oz. 1 1/2 oz. 3/4 egg 3/8 cup 3 Tbsp. 3/4 oz. = 50% 6 oz. or 3/4 cup	2 oz. 2 oz. 2 oz. 1 egg 1/2 cup 4 Tbsp. 1 oz. = 50% 8 oz. or 1 cup

Note: Milk must be served with each breakfast, lunch and supper meal. Between a child's first and second birthday, whole milk must be served. After the child's second birthday, it is recommended that lowfat milk be served. To encourage adequate calcium intake, lowfat flavored milk can be served.

Conversions:

1/2 cup = 4 fl. oz.
3/4 cup = 6 fl. oz.
1 cup = 8 fl. oz.

1 pint = 2 cups
1 quart = 2 pints = 4 cups
1 gallon = 4 quarts = 16 cups

Usda Guidelines For Child Care Centers

R Barnett



Usda Guidelines For Child Care Centers:

Reviewing **Usda Guidelines For Child Care Centers**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Usda Guidelines For Child Care Centers**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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