

MEAL PATTERNS AND SERVING SIZES FOR CHILDREN

Breakfast

This chart lists the amounts and types of food to be served to children one year and older.

Meal components and food items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ²
Fluid Milk	4 fluid ounces ³	6 fluid ounces ⁴	8 fluid ounces ⁵	8 fluid ounces ⁵
Vegetables, fruits, or portions of both ⁶	¼ cup	½ cup	½ cup	½ cup
Grains ⁷	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent

¹ Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool care and adult day care centers.

² At-risk afterschool programs and emergency shelters may need to serve larger portions to children ages 13 through 18 to meet their nutritional needs.

³ 1-year olds must be served unflavored whole milk.

⁴ 2-5-year-olds must be served unflavored fat-free or 1% low-fat milk.

⁵ May serve Unflavored or flavored milk to children ages 6 and older. The milk must be fat-free or 1% low-fat.

*Non-dairy milk substitutes that are equal in nutritional value to dairy milk may be served in place of milk to participants with medical or special dietary needs.

⁶ Juice must be pasteurized. Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day.

⁷ Must serve at least one whole grain-rich serving, across all eating occasions, per day. Grain-based desserts may not be used to meet the grains requirement. Meats/meat alternates may be offered in place of the entire grains requirement, up to 3 times per week at breakfast. One ounce equivalent of meats/meat alternates credits equal to one ounce equivalent of grains. Through Sept. 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By Oct. 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce. Information on crediting grain items and meats/meat alternates may be found in FNS guidance.

7 CFR 226.20

Lunch and Supper

Meal components and food items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ²
Fluid Milk	4 fluid ounces ³	6 fluid ounces ⁴	8 fluid ounces ⁵	8 fluid ounces ⁵
Meats / meat alternates ⁶	1 ounce equivalent	1½ ounce equivalents	2 ounce equivalent	2 ounce equivalent
Vegetables ⁷	⅛ cup	¼ cup	½ cup	½ cup
Fruits ⁷	⅛ cup	¼ cup	¼ cup	¼ cup
Grains ⁸	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent

¹ Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool care and adult day care centers.

² At-risk afterschool programs and emergency shelters may need to serve larger portions to children ages 13 through 18 to meet their nutritional needs.

³ 1-year olds must be served unflavored whole milk.

⁴ 2-5-year-olds must be served unflavored fat-free or 1% low-fat milk.

⁵ May serve Unflavored or flavored milk to children ages 6 and older. The milk must be fat-free or 1% low-fat.

*Non-dairy milk substitutes that are equal in nutritional value to dairy milk may be served in place of milk to participants with medical or special dietary needs.

⁶ Alternate protein products must meet the requirements in Appendix A to Part 226. Through Sept. 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By Oct. 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce). Information on crediting meats/meat alternates may be found in FNS guidance.

⁷ Juice must be pasteurized. Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day. A vegetable may be offered to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁸ Must serve at least one whole grain-rich serving, across all eating occasions, per day. Grain-based desserts may not be used to meet the grains requirement. Through Sept. 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By Oct. 1, 2025, breakfast cereal must contain no more than 6 grams of added sugars per dry ounce. Information on crediting grain items may be found in FNS guidance.

Snack

Select two of the five components for a reimbursable snack.

Meal components and food items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ²
Fluid Milk	4 fluid ounces ³	4 fluid ounces ⁴	8 fluid ounces ⁵	8 fluid ounces ⁵
Meats / meat alternates ⁶	½ ounce equivalent	½ ounce equivalents	1 ounce equivalent	1 ounce equivalent
Vegetables ⁷	½ cup	½ cup	¾ cup	¾ cup
Fruits ⁷	½ cup	½ cup	¾ cup	¾ cup
Grains ⁸	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent

¹ Must serve two of the five components for a reimbursable snack. Milk and juice may not be served as the only two items in a reimbursable snack.

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⁷ Juice must be pasteurized. Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day.

⁸ Must serve at least one whole grain-rich serving, across all eating occasions, per day. Grain-based desserts may not be used to meet the grains requirement. Through Sept. 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By Oct. 1, 2025, breakfast cereal must contain no more than 6 grams of added sugars per dry ounce. Information on crediting grain items may be found in FNS guidance.