

## USDA DAYCARE MEALS

<b>Infant Meal Pattern Breakfast</b>		
Birth through 3 Months	4 through 7 Months	8 through 11 Months
4-6 fluid ounces of formula <sup>1</sup> or breastmilk <sup>2,3</sup>	4-8 fluid ounces of formula <sup>1</sup> or breastmilk <sup>2,3</sup> ;  0-3 tablespoons of infant cereal <sup>1,4</sup>	6-8 fluid ounces of formula <sup>1</sup> or breastmilk <sup>2,3</sup> ; and  2-4 tablespoons of infant cereal <sup>1</sup> ; and  1-4 tablespoons of fruit or vegetable or both
<p><sup>1</sup> Infant formula and dry infant cereal must be iron-fortified.</p> <p><sup>2</sup> Breastmilk or formula, or portions of both, may be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months.</p> <p><sup>3</sup> For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered if the infant is still hungry.</p> <p><sup>4</sup> A serving of this component is required when the infant is developmentally ready to accept it.</p>		

<b>Infant Meal Pattern Lunch or Supper</b>		
Birth through 3 Months	4 through 7 Months	8 through 11 Months
4-6 fluid ounces of formula <sup>1</sup> or breast milk <sup>2,3</sup>	4-8 fluid ounces of formula <sup>1</sup> or breast milk <sup>2,3</sup> ;  0-3 tablespoons of infant cereal <sup>1,4</sup> ; and  <b>0-3</b> tablespoons of fruit or vegetable or both <sup>4</sup>	6-8 fluid ounces of formula <sup>1</sup> or breast milk <sup>2,3</sup> ;  2-4 tablespoons of infant cereal <sup>1</sup> ; and/or  1-4 tablespoons of meat, fish, poultry, egg yolk, cooked dry beans or peas; or  ½-2 ounces of cheese; or  1-4 ounces (volume) of cottage cheese; or  1-4 ounces (weight) of cheese food or cheese spread; and  1-4 tablespoons of fruit or vegetable or both

<sup>1</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>2</sup> Breastmilk or formula, or portions of both, may be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months.

<sup>3</sup> For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.

<sup>4</sup> A serving of this component is required when the infant is developmentally ready to accept it.

### Infant Meal Pattern Snack

Birth through 3 Months	4 through 7 Months	8 through 11 Months
4-6 fluid ounces of formula <sup>1</sup> or breast milk <sup>2,3</sup>	4-6 fluid ounces of formula <sup>1</sup> or breast milk <sup>2,3</sup>	2-4 fluid ounces of formula <sup>1</sup> or breast milk <sup>2,3</sup> , or fruit juice <sup>5</sup> ; and  0-½ bread <sup>4, 6</sup> or  0-2 crackers <sup>4, 6</sup>

<sup>1</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>2</sup> Breastmilk or formula, or portions of both, may be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months.

<sup>3</sup> For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.

<sup>4</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>5</sup> Fruit juice must be full-strength.

<sup>6</sup> A serving of this component must be made from whole-grain or enriched meal or flour.

### Child Meal Pattern Breakfast

#### Select All Three Components for a Reimbursable Meal

<i>Food Components</i>	<i>Ages 1-2</i>	<i>Ages 3-5</i>	<i>Ages 6-12<sup>1</sup></i>
<b>1 milk</b> fluid milk	1/2 cup	3/4 cup	1 cup
<b>1 fruit/vegetable</b> juice, <sup>2</sup> fruit and/or vegetable	1/4 cup	1/2 cup	1/2 cup
<b>1 grains/bread<sup>3</sup></b> bread or  cornbread or biscuit or roll or muffin or	1/2 slice  1/2 serving  1/4 cup	1/2 slice  1/2 serving  1/3 cup	1 slice  1 serving  3/4 cup

cold dry cereal or	1/4 cup	1/4 cup	1/2 cup
hot cooked cereal or			
pasta or noodles or grains	1/4 cup	1/4 cup	1/2 cup

- <sup>1</sup> Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.
- <sup>2</sup> Fruit or vegetable juice must be full-strength.
- <sup>3</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

### Child Meal Pattern Lunch or Supper

<i>Food Components</i>	<i>Ages 1-2</i>	<i>Ages 3-5</i>	<i>Ages 6-12<sup>1</sup></i>
<b>1 milk</b> fluid milk	1/2 cup	3/4 cup	1 cup
<b>2 fruits/vegetables</b> juice, <sup>2</sup> fruit and/or vegetable	1/4 cup	1/2 cup	3/4 cup
<b>1 grains/bread<sup>3</sup></b> bread or	1/2 slice	1/2 slice	1 slice
cornbread or biscuit or roll or muffin or	1/2 serving	1/2 serving	1 serving
cold dry cereal or	1/4 cup	1/3 cup	3/4 cup
hot cooked cereal or	1/4 cup	1/4 cup	1/2 cup
pasta or noodles or grains	1/4 cup	1/4 cup	1/2 cup
<b>1 meat/meat alternate</b> meat or poultry or fish <sup>4</sup> or	1 ounce	1 1/2 ounces	2 ounces
alternate protein product or	1 ounce	1 1/2 ounces	2 ounces
cheese or	1 ounce	1 1/2 ounces	2 ounces
egg or	1/2 egg	3/4 egg	1 egg
cooked dry beans or peas or	1/4 cup	3/8 cup	1/2 cup
peanut or other nut or seed butters or	2 Tbsp.	3 Tbsp.	4 Tbsp.
nuts and/or seeds <sup>5</sup> or	1/2 ounce	3/4 ounce	1 ounce
yogurt <sup>6</sup>	4 ounces	6 ounces	8 ounces

<sup>1</sup> Children age 12 and older may be served larger portions based on their greater food needs.

They may not be served less than the minimum quantities listed in this column.

<sup>2</sup> Fruit or vegetable juice must be full-strength.

<sup>3</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

<sup>4</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>5</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.

<sup>6</sup> Yogurt may be plain or flavored, unsweetened or sweetened.

## Child Meal Pattern Snack

### Select Two of the Four Components for a Reimbursable Snack

<i>Food Components</i>	<i>Ages 1-2</i>	<i>Ages 3-5</i>	<i>Ages 6-12<sup>1</sup></i>
<b>1 milk</b> fluid milk	1/2 cup	1/2 cup	1 cup
<b>1 fruit/vegetable</b> juice, <sup>2</sup> fruit and/or vegetable	1/2 cup	1/2 cup	3/4 cup
<b>1 grains/bread<sup>3</sup></b> bread or  cornbread or biscuit or roll or muffin or  cold dry cereal or  hot cooked cereal or  pasta or noodles or grains	1/2 slice  1/2 serving  1/4 cup  1/4 cup  1/4 cup	1/2 slice  1/2 serving  1/3 cup  1/4 cup  1/4 cup	1 slice  1 serving  3/4 cup  1/2 cup  1/2 cup
<b>1 meat/meat alternate</b> meat or poultry or fish <sup>4</sup> or  alternate protein product or  cheese or  egg <sup>5</sup> or  cooked dry beans or peas or  peanut or other nut or seed butters or  nuts and/or seeds or  yogurt <sup>6</sup>	1/2 ounce  1/2 ounce  1/2 ounce  1/2 egg  1/8 cup  1 Tbsp.  1/2 ounce  2 ounces	1/2 ounce  1/2 ounce  1/2 ounce  1/2 egg  1/8 cup  1 Tbsp.  1/2 ounce  2 ounces	1 ounce  1 ounce  1 ounce  1/2 egg  1/4 cup  2 Tbsp.  1 ounce  4 ounces

<sup>1</sup> Children age 12 and older may be served larger portions based on their greater food needs.

They may not be served less than the minimum quantities listed in this column.

<sup>2</sup> Fruit or vegetable juice must be full-strength. Juice cannot be served when milk is the only other snack component.

<sup>3</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

<sup>4</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>5</sup> One-half egg meets the required minimum amount (one ounce or less) of meat alternate.

<sup>6</sup> Yogurt may be plain or flavored, unsweetened or sweetened.