



**Meal Pattern Requirements**

Recommended Serving Size		
1-2yr	3-5yr	6-12yr

1/4 c yogurt = 1/2 oz. meat 1 C=8 oz. = 16 Tablespoons

1 oz.meat = 1 oz. cheese = 2 oz. cottage cheese = 1 egg = 2T peanut butter = 1/4 c beans

1/2 sl=1/4-1/3c

1 sl=1/2-3/4c

**\*\* if under 2 years of age whole milk**

**MENU RECORD**

		Recommended Serving Size			Day of Week	Day of Week	Day of Week	Day of Week	Day of Week
		1-2yr	3-5yr	6-12yr	Date:	Date:	Date:	Date:	Date:
<b>BREAKFAST</b>	Fluid Milk	1/2 c	3/4 c	1 c	MILK 1% or less**	MILK 1% or less**	MILK 1% or less**	MILK 1% or less**	MILK 1% or less**
	Juice, fr/veg	1/4 c	1/2 c	1/2 c					
	Bread or bread alt	1/2 sl	1/2 sl	1 sl					
	Meat, meat alt (in place of grains no more than 3 x per wk)	1/2 oz	1/2 oz	1 oz					
<i>Choose 2 of 5</i>									
<b>AM SNACK</b>	Fluid Milk	1/2 c	1/2 c	1c	/	/	/	/	/
	Vegetable/Juice	1/2 c	1/2 c	3/4 c					
	Fruit/Juice	1/2 c	1/2 c	3/4 c					
	Bread or bread alt	1/2 sl	1/2 sl	1 sl					
	Meat, meat alt	1/2 oz	1/2 oz	1oz					
<b>LUNCH</b>	Fluid Milk	1/2 c	3/4 c	1c	MILK 1% or less**	MILK 1% or less**	MILK 1% or less**	MILK 1% or less**	MILK 1% or less**
	Vegetable	1/8 c	1/4 c	1/2 c					
	Fruit/Vegetable	1/8 c	1/4 c	1/4 c					
	Bread or bread alt	1/2 sl	1/2 sl	1 sl					
	Meat, meat alt	1 oz	1 1/2 oz	2 oz					
<i>Choose 2 of 5</i>									
<b>PM SNACK</b>	Fluid Milk	1/2 c	1/2 c	1c	/	/	/	/	/
	Vegetable/Juice	1/2 c	1/2 c	3/4 c					
	Fruit/Juice	1/2 c	1/2 c	3/4 c					
	Bread or bread alt	1/2 sl	1/2 sl	1 sl					
	Meat, meat alt	1/2 oz	1/2 oz	1oz					
<b>DINNER</b>	Fluid Milk	1/2 c	3/4 c	1c	MILK 1% or less**	MILK 1% or less**	MILK 1% or less**	MILK 1% or less**	MILK 1% or less**
	Vegetable	1/8 c	1/4 c	1/2 c					
	Fruit/Vegetable	1/8 c	1/4 c	1/4 c					
	Bread or bread alt	1/2 sl	1/2 sl	1 sl					
	Meat, meat alt	1 oz	1 1/2 oz	2 oz					
<i>Choose 2 of 5</i>									
<b>BT SNACK</b>	Fluid Milk	1/2 c	1/2 c	1c	/	/	/	/	/
	Vegetable/Juice	1/2 c	1/2 c	3/4 c					
	Fruit/Juice	1/2 c	1/2 c	3/4 c					
	Bread or bread alt	1/2 sl	1/2 sl	1 sl					
	Meat, meat alt	1/2 oz	1/2 oz	1oz					