

Child Care Meal Pattern for Toddlers (Ages 1-2 Years)

BREAKFAST	
<i>Select all three components for a reimbursable meal.</i>	
1 Milk, fluid	½ cup (4 oz)
1 Juice, ¹ fruit, or vegetable	¼ cup
1 Bread or grain ²	
Bread, cornbread, biscuit, muffin, or roll	½ slice/serving
Cereal, hot or cold	¼ cup or (1/3 oz dry)
Pasta, noodles, or grains	¼ cup
SNACK (Supplement)	
<i>Select two of these four components for a reimbursable snack.</i>	
1 Milk, fluid	½ cup
1 Juice, fruit, or vegetable	½ cup
1 Bread or grain	
Bread, cornbread, biscuit, muffin, or roll	½ slice/serving
Cereal, hot or cold	¼ cup or (1/3 oz dry)
Pasta, noodles, or grains	¼ cup
1 Meat or meat alternate	
Meat, poultry, fish ³ , cheese, or alternative protein	½ oz
Egg ⁴	½
Cooked dry beans or peas	1/8 cup
Peanut or other nut or seed butters	1 Tablespoon
Yogurt ⁵	2 oz
LUNCH OR SUPPER	
<i>Select all four components for a reimbursable meal.</i>	
1 Milk, fluid	½ cup
2 Juice, fruit, or vegetable	¼ cup (total)
1 Bread or grain	
Bread, cornbread, biscuit, muffin, or roll	½ slice/serving
Cereal, hot or cold	¼ cup or (1/3 oz dry)
Pasta, noodles, or grains	¼ cup
1 Meat or meat alternate	
Meat, poultry, fish, cheese, or alternative protein	1 oz
Egg	½
Cooked dry beans or peas	1/4 cup
Peanut or other nut or seed butters	2 Tablespoons
Yogurt	4 oz

NOTE: The USDA Child and Adult Care Food Program requires 2 ½ hours between meals (e.g., breakfast and lunch), and 1 ½ hours between meals and snacks (e.g., lunch and afternoon snack). Nuts and seeds were removed as a meat alternative on this handout due to Alabama's child care regulations.

Reference: http://www.fns.usda.gov/sites/default/files/Child_Meals.pdf

¹ Fruit or vegetable juice must be full strength.

² Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

³ A serving consists of edible portion of cooked, lean meat, poultry, or fish.

⁴ One-half egg meets the required minimum amount (one ounce or less) of meat alternative.

⁵ Yogurt may be plain or flavored, unsweetened or sweetened.