

## MEAL PATTERN FOR CHILDREN

### Ages 1-12 years

years	1-2 years	3-5 years	6-12 year
<b>BREAKFAST</b>			
1. Milk	1/2 cup	3/4 cup	1 cup
2. Juice of Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup
3. Bread or Bread Alternate	1/2 slice	1/2 slice	1 slice
Cold dry cereal	1/4 cup	1/3 cup	3/4 cup
Hot cooked cereal	1/4 cup	1/4 cup	1/2 cup
<b>SNACKS (select 2 groups)</b>			
1. Milk	1/2 cup	1/2 cup	1 cup
2. Juice of Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup
3. Meat or Meat Alternate	1/2 oz.	1/2 oz.	1 oz.
4. Bread or Bread Alternate	1/2 slice	1/2 slice	1 slice
Cold dry cereal	1/4 cup	1/3 cup	3/4 cup
Hot cooked cereal	1/4 cup	1/4 cup	1/2 cup
<b>LUNCH/SUPPER</b>			
1. Milk	1/2 cup	3/4 cup	1 cup
2. Meat, Poultry or Fish	1 oz.	1 1/2 oz.	2 oz.
Egg	1	1	1
Cheese	1 oz.	1 1/2 oz.	2 oz.
Cooked dry beans or peas	1/2 cup	3/8 cup	1/2 cup
Peanut butter	2 Tbs.	3 Tbs.	4 Tbs.
3. Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup
4. Vegetable of Fruit	1/8 cup	1/4 cup	1/2 cup
5. Bread or Bread alternate	1/2 slice	1/2 slice	1 slice