

Required Meal Components

**Parents are responsible for providing all components

Breakfast

Milk plus 2 other components:

- **Bread/Grain**
 - ◆ Can be exchanged for meat/meat alternative up to 3 times/week
 - ◆ Dry cereal must be 6g of sugar or less per dry ounce
- **Meat/Meat Alternative**
- **Fruit/Vegetable/100% juice**

Snacks

Pick 2 components:

- **Milk**
- **Bread/Grain**
- **Meat/Meat Alternative**
- **Fruit/Vegetable/100% juice**

Lunch/Dinner

Must have all 4 components:

- **Milk**
- **Bread/Grain**
- **Meat/Meat Alternative**
- **2 different vegetables OR one fruit AND one vegetable**

Unflavored Milk

Whole
Ages: 12-24 Months
4 ounces per Serving*

Skim or 1%
Ages: 2 Year Olds
4 ounces per Serving*

Skim or 1%
Ages: 3-5 Year Olds
6 ounces per Serving*

Skim or 1%
Ages: 6+Year Olds
8 ounces per Serving*

Fruits

Consider Berries, Apples, Oranges, Kiwi, Watermelon, Pears, Pineapple, Bananas, etc.

- 100% fruit juice served maximum one time a day
- Juice shall not be served to children under 12 months

Vegetables

Consider green vegetables such as Broccoli, Green Beans, Peas, Asparagus, Zucchini, Lettuce, Cucumber etc.

Other vegetables:
Carrots, Peppers, Squash, etc.

Meat/Meat Alternatives

Consider Lean meats, Fish, Poultry, Tofu, Soy products, cheese (including cottage or ricotta cheese), Eggs, Cooked dry beans, Peanut or soy nut butter, Yogurt (plain or flavored), Peanuts, Soy nuts, Tree nuts, or Seeds

- No imitation cheese
- Yogurt should have 23g of sugar or less per 6 ounce serving
- Consider nut allergies

Bread/Grains

Consider whole grains such as Bread, Crackers, Tortillas, Tortilla Chips, Rice, Quinoa, Pasta, etc.

- Bread/Grain shall only consist of whole or enriched grains.
- Bread/Grain-based desserts shall not replace the bread/grain component

*All serving suggestions are a minimum. **Drinks shall not have added sugar. Children must be offered only water, milk, or 100% juice with meals and snacks.