

CHILD AND ADULT FOOD PROGRAM AGREEMENT

SCHEDULE B--FOR CHILDREN AGES 1 THROUGH 12

MEAL PATTERNS	AGES 1 UP TO 2	AGES 3 UP TO 5	AGES 6 UP TO 12
Breakfast (3 components are needed to meet USDA requirements; select one item from each group) 1. Milk 2. Juice or fruit or vegetables or an equivalent combination of juice or fruit or vegetables 3. Bread or bread alternate Cold dry cereal or cooked cereal or cooked pasta or noodle products or cooked cereal grains or an equivalent quantity of any combination	1/2 cup 1/4 cup 1/2 slice 1/2 serving 1/4 cup or 1/3 ounce 1/4 cup 1/4 cup 1/4 cup	3/4 cup 1/2 cup 1/2 slice 1/2 serving 1/3 cup or 1/2 ounce 1/4 cup 1/4 cup 1/4 cup	1 cup 1/2 cup 1 slice 1 serving 3/4 cup or 1 ounce 1/2 cup 1/2 cup
Lunch or Dinner (5 components are needed to meet USDA requirements; 2 must come from the fruit/vegetable category) 1. Milk 2-3. Fruits (2 or more kinds) or vegetables (2 or more kinds)* or full-strength juice 4. Bread or bread alternate cooked pasta or noodle products cooked cereal grains or combination of equivalent quantity of bread/bread alternates 5. Lean meat or poultry or fish or cheese or eggs or cooked dry beans or peas or peanut butter or soynut butter or other nut or seed butters or peanuts or soynuts or tree nuts or seeds** or any combination of meat/meat alternate or yogurt	1/2 cup 1/4 cup total 1/2 slice 1/2 serving 1/4 cup 1/4 cup 1 ounce 1 ounce 1 1/4 cup 2 Tbsp. 1/2 ounce=50% 4 ounces	3/4 cup or 1/2 cup total 1/2 slice 1/2 serving 1/4 cup 1/4 cup 1 1/2 ounce 1 1/2 ounce 1 3/8 cup 3 Tbsp. 3/4 ounce=50% 6 ounces	1 cup 3/4 cup total 1 slice 1 serving 1/2 cup 1/2 cup 2 ounces 2 ounces 1 1/2 cup 4 Tbsp. 1 ounce=50% 8 ounces
AM or PM Supplement (2 components are needed to meet USDA requirements; select one item from two of the four groups) 1. Milk or 2. Juice or fruit or vegetables or any combination or juice or fruit or vegetables 3. Bread or Bread alternate or cold dry cereal or cooked cereal or cooked pasta or noodle products or cooked cereal grains or any combination of bread or bread alternate 4. Lean meat, poultry or fish or cheese or eggs or cooked dry beans or peas or peanut butter or soynut butter or other nut or seed butters or peanuts or soynuts or tree nuts or seeds or yogurt, plain or sweetened and flavored or any combination of meat/meat alternate yogurt	1/2 cup 1/2 cup 1/2 slice 1/2 serving 1/4 cup or 1/3 oz. 1/4 cup 1/4 cup 1/4 cup 1/2 ounce 1/2 ounce 1/2 egg 1/8 cup 1 Tbsp. 1/2 ounce 2 ounce or 1/4 cup 2 ounces	1/2 cup 1/2 cup 1/2 slice 1/2 serving 1/3 cup or 1/2 oz. 1/4 cup 1/4 cup 1/4 cup 1/2 ounce 1/2 ounce 1/2 egg 1/8 cup 1 Tbsp. 1/2 ounce 2 ounce or 1/4 cup 2 ounces	1 cup 3/4 cup 1 slice 1 serving 3/4 cup or 1 oz. 1/2 cup 1/2 cup 1/2 cup 1 ounce 1 ounce 1 egg 1/4 cup 2 Tbsp. 1 ounce 4 ounces or 1/2 cup 4 ounces