



USDA Meal Guidelines for Children 1 – 12 years

Fairfax County Child and Adult Care Food Program (Post where meals are prepared and served)

BREAKFAST¹²			
(Select all three components for a reimbursable meal)			
Food Components and Food items	Ages 1-2⁹	Ages 3-5⁹	Ages 6-12⁹
1 – Milk¹	1/2 cup	3/4 cup	1 cup
1 – Fruits, Vegetables or portions of both²	1/4 cup	1/2 cup	1/2 cup
1 – Grains (oz eq)^{4,5,6}			
Whole grain-rich or enriched bread	1/2 slice	1/2 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	1/2 serving	1/2 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{7,11}			
Flakes or rounds	1/2 cup	1/2 cup	1 cup
Puffed cereal	3/4 cup	3/4 cup	1 ¼ cup
Granola	1/8 cup	1/8 cup	1/4 cup
SNACK¹²			
(Select two of the five components for a reimbursable snack, only one of the two components may be a beverage)			
1 - Milk¹	1/2 cup	3/4 cup	1 cup
1 - Meat or Meat Alternates			
Lean meat, poultry, or fish	1/2 ounce	1/2 ounce	1 ounce
Tofu, soy product, or alternate protein products	1/2 ounce	1/2 ounce	1 ounce
Egg (large)	1/2	1/2	1/2
Cheese	1/2 ounce	1/2 ounce	1 ounce
Yogurt, plain or flavored unsweetened or sweetened ⁸	1/4 cup	1/4 cup	1/2 cup
Cooked dry beans/split peas	1/8 cup	1/8 cup	1/4 cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp
Peanuts, soy nuts, tree nuts, or seeds	1/2 ounce	1/2 ounce	1 ounce
1 - Vegetables²	1/2 cup	1/2 cup	3/4 cup
1 - Fruits²	1/2 cup	1/2 cup	3/4 cup
1 - Grains (oz eq)^{4,6}			
Whole grain-rich or enriched bread	1/2 slice	1/2 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	1/2 serving	1/2 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{7,11}			
Flakes or rounds	1/2 cup	1/2 cup	1 cup
Puffed cereal	3/4 cup	3/4 cup	1 ¼ cup
Granola	1/8 cup	1/8 cup	1/4 cup

LUNCH OR SUPPER¹²

(Select all five components for a reimbursable meal)

Food Components and Food items	Ages 1-2 ⁹	Ages 3-5 ⁹	Ages 6-12 ⁹
1 - Milk¹	1/2 cup	3/4 cup	1 cup
1 - Meat or Meat Alternates			
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces
Tofu, soy product, or alternate protein products	1 ounce	1 ½ ounce	2 ounces
Egg (large)	1/2	3/4	1
Cheese	1 ounce	1 ½ ounces	2 ounces
Yogurt, plain or flavored unsweetened or sweetened ⁸	1/2 cup	3/4 cup	1 cup
Cooked dry beans/split peas	1/4 cup	3/8 cup	1/2 cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp
The following may be used to meet no more than 50% of the requirement: peanuts, soy nuts, tree nuts, or seeds, or any equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds=1 ounces of cooked lean meat, poultry, or fish). ¹⁰	1/2 ounce = 50%	3/4 ounce = 50%	1 ounce = 50%
1 - Vegetables²	1/8 cup	1/4 cup	1/2 cup
1 - Fruits^{2,3}	1/8 cup	1/4 cup	1/4 cup
1 - Grains (oz eq)^{4,6}			
Whole grain-rich or enriched bread	1/2 slice	1/2 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin	1/2 serving	1/2 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup

¹Must be unflavored whole milk for children age one; must be unflavored low-fat (1 percent) or unflavored fat-free (skim) for children two through five years old; must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) for six years old and older.

²Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day. For children younger than four years old, offer cooked or soft food to prevent choking.

³A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁴At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁵Meat and meat alternates may be used to substitute the entire grains component a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

⁶Beginning October 1, 2019, ounce (oz) equivalents are used to determine the quantity of creditable grains.

⁷Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

⁸Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁹The minimum quantities listed must be served. Children may be served larger portions based on their individual food needs.

¹⁰Caution, children under age five should not be served nuts or seeds.

¹¹Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is 1/4 cup for children ages 1-2; 1/3 cup for children ages 3-5; 3/4 cup for children 6-12.

¹²Water must be available upon request to children throughout the day and at mealtime. Water does not fulfill any meal component and should not replace any required food.