

BREAKFAST

BREAKFAST FOOD COMPONENTS: <u>Serve All Three Components for a Reimbursable Meal.</u>		Age 1 - 2 years	Age 3 - 5 years	Age 6 - 12 years
Milk ^{2,3}	Milk, fluid ^{2,3}	1/2 cup (4 fl oz)	3/4 cup (6 fl oz)	1 cup (8 fl oz)
Vegetables/Fruits ⁴	Vegetable(s) and/or fruit(s) <u>or</u>	1/4 cup	1/2 cup	1/2 cup
	Full strength vegetable <u>or</u> fruit juice ⁴ , <u>or</u>	1/4 cup	1/2 cup	1/2 cup
	An equivalent quantity of any combination of vegetable(s), fruit(s) and juice ⁴ .			
Grains/Breads ^{5,6,7}	Breads ⁵ , <u>or</u>	1/2 slice (serving) ⁶	1/2 slice (serving) ⁶	1 slice (serving) ⁶
	Cornbread, biscuits, rolls, muffins, etc. ⁵ , <u>or</u>	1/2 serving	1/2 serving	1 serving
	Cold dry cereal ^{5,7} , <u>or</u>	1/4 cup or 1/3 oz ⁷	1/3 cup or 1/2 oz ⁷	3/4 cup or 1 oz ⁷
	Cooked cereal ⁵ , <u>or</u>	1/4 cup	1/4 cup	1/2 cup
	Cooked pasta <u>or</u> noodle products ⁵ ,	1/4 cup	1/4 cup	1/2 cup
	Cooked cereal grains ⁵ , <u>or</u>	1/4 cup	1/4 cup	1/2 cup
	An equivalent quantity of any combination of Grains/Breads			

¹ Children ages 13 through 18 must be served minimum or larger portion sizes specified in this column for children ages 6 through 12

² USDA requires children ages 2 and older be served low-fat (1%) or non-fat (skim) milk. *Texas Department of Family and Protective Services Child Care Licensing (TDFPS CCL) does not allow flavored (sweetened) milk, except for special occasions.*

³ USDA requires water be made available at all meals and upon request, but does not take the place of milk. *TDFPS CCL requires that water is always available to each child and is served at every snack, mealtime, and after active play in a safe and sanitary*

⁴ Fruit or vegetable juice must be full-strength. You may serve an equivalent quantity of any combination of vegetable(s) or fruit(s), and juice. *TDFPS CCL only allows juice to be served once daily in the amounts of up to 4 ounces of juice for children ages 12 months through 5 years of age and 6 ounces for children ages 6 years and older*

⁵ Bread, pasta or noodle products, and cereal grains, must be whole-grain or enriched. Cornbread, biscuits, rolls, muffins, etc. must be made with whole grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

⁶ Slice (serving) is not a measurable unit. A measurable amount of each food item prepared must be entered on the Daily Meal Production Record Form H1530. Examples of how to document a measurable amount for bread slice can be found on the instructions to the H1530 as well as in the Food Buying Guide.

⁷ Either volume (cup) or weight (oz), whichever is less.

LUNCH or SUPPER

LUNCH or SUPPER FOOD COMPONENTS: Serve All Four Components for a Reimbursable Meal.		Age 1 - 2 years	Age 3 - 5 years	Age 6 - 12 years
Milk ^{2,3}	Milk, fluid ^{2,3}	1/2 cup (4 fl oz)	3/4 cup (6 fl oz)	1 cup (8 fl oz)
Vegetables/Fruits ⁴ (2 or more)	Vegetable(s) and/or fruit(s)	1/4 cup total	1/2 cup total	3/4 cup total
Grains/Breads ^{5,6}	Breads ⁵ , <u>or</u> Cornbread, biscuits, rolls, muffins, etc. ⁵ , <u>or</u> Cooked pasta or noodle products ⁵ , <u>or</u> Cooked cereal grains ⁵ , <u>or</u> An equivalent quantity of any combination of Grains/Breads	1/2 slice (serving) ⁶ 1/2 serving 1/4 cup 1/4 cup	1/2 slice (serving) ⁶ 1/2 serving 1/4 cup 1/4 cup	1 slice (serving) ⁶ 1 serving 1/2 cup 1/2 cup
Meat/Meat Alternates ^{7,8}	Lean meat or poultry of fish ⁷ , <u>or</u> Alternate protein products ⁸ , <u>or</u> Cheese , <u>or</u> Egg (large) , <u>or</u> Cooked dry beans or peas , <u>or</u> Peanut butter or soy nut butter, or other nut or seed butters , <u>or</u> Yogurt- plain/ flavored (unsweetened/sweetened) , <u>or</u> An equivalent quantity of any combination of the above Meat/Meat Alternates	1 oz 1 oz 1 oz 1/2 large egg 1/4 cup 2 Tbsp 4 oz or 1/2 cup	1-1/2 oz 1-1/2 oz 1-1/2 oz 3/4 large egg 3/8 cup 3 Tbsp 6 oz or 3/4 cup	2 oz 2 oz 2 oz 1 large egg 1/2 cup 4 Tbsp 8 oz or 1 cup

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³ USDA requires water be made available at all meals and upon request, but does not take the place of milk. *TDFPS CCL requires that water is always available to each child and is served at every snack, mealtime, and after active play in a safe and sanitary*

⁴ Serve two or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement. *TDFPS CCL only allows juice to be served once daily in the amounts of up to 4 ounces of juice for children ages 12 months through 5 years of age and 6 ounces for children ages 6 years and older.*

⁵ Bread, pasta or noodle products, and cereal grains, must be whole-grain or enriched. Cornbread, biscuits, rolls, muffins, etc. must be made with whole grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

⁶ Slice (serving) is not a measurable unit. A measurable amount of each food item prepared must be entered on the Daily Meal Production Record Form H1530. Examples of how to document a measurable amount for bread slice can be found on the instructions to the H1530 as well as in the Food Buying Guide.

⁷ A serving consists of the edible portion of cooked lean meat or poultry or fish

⁸ Alternate protein products must meet requirements in Appendix A of 7 CFP Part 226.

SNACKS

SNACK FOOD COMPONENTS: <i>Serve Two of the Four Components</i>		Age 1 - 2 years	Age 3 - 5 years	Age 6 - 12 years
Milk ^{2,3}	Milk, fluid ^{2,3}	1/2 cup (4 fl oz)	1/2 cup (4 fl oz)	1 cup (8 fl oz)
Vegetables/Fruits ^{4,5}	Vegetable(s) and/or fruit(s)	1/2 cup	1/2 cup	3/4 cup
	Full strength vegetable or fruit juice ^{4,5}	1/2 cup	1/2 cup	3/4 cup
Grains/Breads ^{6,7,8}	Breads ⁶ , <u>or</u>	1/2 slice (serving) ⁷	1/2 slice (serving) ⁷	1 slice (serving) ⁷
	Cornbread, biscuits, rolls, muffins, etc. ⁶ , <u>or</u>	1/2 serving	1/2 serving	1 serving
	Cold dry cereal ⁶ , <u>or</u>	1/4 cup or 3/8 oz ⁸	1/3 cup or 1/2 oz ⁸	3/4 cup or 1oz ⁸
	Cooked cereal ⁶ , <u>or</u>	1/4 cup	1/4 cup	1/2 cup
	Cooked pasta or noodle products ⁶ , <u>or</u>	1/4 cup	1/4 cup	1/2 cup
	Cooked cereal grains ⁶ , <u>or</u>	1/4 cup	1/4 cup	1/2 cup
	An equivalent quantity of any combination of Grains/Breads			
Meat/ Meat Alternates ^{9,10}	Lean meat or poultry of fish ⁹ , <u>or</u>	1/2 oz	1/2 oz	1 oz
	Alternate protein products ¹⁰ , <u>or</u>	1/2 oz	1/2 oz	1 oz
	Cheese , <u>or</u>	1/2 oz	1/2 oz	1 oz
	Egg (large) , <u>or</u>	1/2 large egg	1/2 large egg	1/2 large egg
	Cooked dry beans or peas , <u>or</u>	1/8 cup	1/8 cup	1/4 cup
	Peanut butter or soy nut butter , <u>or</u> other nut <u>or</u> seed butters, <u>or</u>	1 Tbsp	1 Tbsp	2 Tbsp
	Yogurt- plain/flavored (unsweetened/sweetened) , <u>or</u>	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup
	An equivalent quantity of any combination of the above Meat/Meat Alternates			

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³ USDA requires water be made available at all meals and upon request, but does not take the place of milk. *TDFPS CCL requires that water is always available to each child and is served at every snack, mealtime, and after active play in a safe and sanitary*

⁴ Fruit or vegetable juice must be full-strength. You may serve an equivalent quantity of any combination of vegetable(s) or fruit(s), and juice. *TDFPS CCL only allows juice to be served once daily in the amounts of up to 4 ounces of juice for children ages 12 months through 5 years of age and 6 ounces for children ages 6 years and older.*

⁵ Juice may not be served when milk is the only other component.

⁶ Bread, pasta or noodle products, and cereal grains, must be whole-grain or enriched. Cornbread, biscuits, rolls, muffins, etc. must be made with whole grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

⁷ Slice (serving) is not a measurable unit. A measurable amount of each food item prepared must be entered on the Daily Meal Production Record Form H1530. Examples of how to document a measurable amount for bread slice can be found on the instructions to the H1530 as well as in the Food Buying Guide.

⁸ Either volume (cup) or weight (oz), whichever is less.

⁹ A serving consists of the edible portion of cooked lean meat or poultry or fish

¹⁰ Alternate protein products must meet requirements is Appendix A of 7 CFR Part 226.