


















Meal Pattern Guidelines

		Age 1 to 3 years	Age 3 to 6 years
BREAKFAST			
	Milk (whole to age 2)	½ cup	¾ cup
	Fruit or juice	¼ cup	½ cup
	Cereal or bread	1/3 oz. (1 tbsp./year) or ½ slice	½ oz. (1 tbsp./year) ½ - ¾ slice
MORNING SNACK			
	Bread, cereal or grain	½ slice, or 2 crackers	½ - ¾ slice 2-3 crackers
	Milk or yogurt or cheese	¼ - ½ cup, ½ - 1 oz.	½ cup or 1 oz.
LUNCH			
	Meat or meat alternate	1 oz.	1 ½ oz.
	Bread	½ slice (1 tbsp./year)	½ - ¾ slice (1 tbsp./year)
	Vegetable	¼ cup	½ cup
	Fruit	¼ cup	½ cup
	Milk (whole to age 2)	½ cup	½ cup
DINNER			
	Meat or meat alternate	1 oz.	1 ½ oz.
	Bread	½ slice (1 tbsp./year)	½ - ¾ slice (1 tbsp./year)
	Vegetable	¼ cup	½ cup
	Fruit	¼ cup	½ cup
	Milk (whole to age 2)	½ cup	½ cup
AFTERNOON OR EVENING SNACK			
	Meat or meat alternate	½ oz.	½ oz.
	Fruit or vegetable	¼ cup	½ cup

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