

| TRADITIONAL FOOD-BASED MENU PLANNING APPROACH-MEAL PATTERN FOR BREAKFASTS | | | |
|---|-----------------------|-----------------------|----------------------|
| FOOD COMPONENTS AND FOOD ITEMS | AGES 1-2 | AGES 3,4 AND 5 | GRADES K-12 |
| MILK (fluid) (as a beverage, on cereal or both) | 4 fluid ounces | 6 fluid ounces | 8 fluid ounces |
| JUICE/FRUIT/VEGETABLE: Fruit and/or vegetable; or full-strength fruit juice or vegetable juice | ¼ cup | ½ cup | ¾ cup |
| SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS, TWO FROM ONE COMPONENT, OR AN EQUIVALENT COMBINATION: | | | |
| GRAINS/BREADS : | | | |
| Whole-grain or enriched bread | ½ slice | ½ slice | 1 slice |
| Whole-grain or enriched biscuit, roll, muffin, etc. | ½ serving | ½ serving | 1 serving |
| Whole-grain, enriched or fortified cereal | ¼ cup or 1/3 ounce | 1/3 cup or ½ ounce | ¾ cup or 1 ounce |
| MEAT OR MEAT ALTERNATES: | | | |
| Meat/poultry or fish | ½ ounce | ½ ounce | 1 ounce |
| Alternate protein products ¹ | ½ ounce | ½ ounce | 1 ounce |
| Cheese | ½ ounce | ½ ounce | 1 ounce |
| Large egg | ½ | ½ | ½ |
| Peanut butter or other nut or seed butters | 1 tablespoon | 1 tablespoon | 2 tablespoons |
| Cooked dry beans and peas | 2 tablespoons | 2 tablespoons | 4 tablespoons |
| Nuts and/or seeds (as listed in program guidance) ² | ½ ounce | ½ ounce | 1 ounce |
| Yogurt, plain or flavored, unsweetened or sweetened | 2 ounces or ¼ cup | 2 ounces or ¼ cup | 4 ounces or ½ cup |

¹ Must meet the requirements in appendix A of this part.

² No more than 1 ounce of nuts and/or seeds may be served in any one breakfast.