

Updated Meal Pattern Requirements Checklist

- Juice is limited to once per day **PER FACILITY** (not per child). *Example: You serve juice with your AM snack. All of those children go home and a new set of children attend for PM snack. You serve juice again at PM snack. The PM snack would be disallowed since you already were reimbursed for juice once that day.*
- A vegetable and a fruit must be served during lunch and supper meals. The fruit component may be substituted for a vegetable at lunch and supper; when two vegetables are served, they must be two different kinds of vegetables.
- At least one serving of grains per day must be whole grain-rich (per facility, not per child).
- Meat/Meat Alternates may replace the entire grains component at breakfast a maximum of three times per week.
- The appropriate type of milk is served to each age group:
 - Age 1 year: Unflavored whole milk;
 - Ages 2 – 5 years: Unflavored low-fat (1%) or fat-free milk; and
 - Ages 6 – 12 years: Unflavored low-fat (1%) or fat-free milk.
- No food items are deep-fat fried on site.
- Breakfast cereals contain no more than 6 grams of sugar per dry ounce.
- Yogurt contains no more than 23 grams of sugar per 6 ounces.
- Tofu and soy yogurt may be served as a meat alternate.
- No grain-based desserts are included on the menu.
- Serving sizes are correct for each age group.