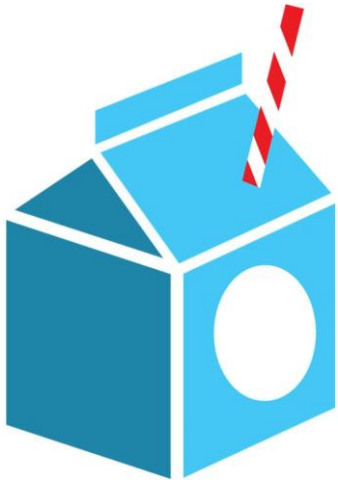


Milk

	Ages 1 - 2	Ages 3 - 5	Ages 6 - 12	Ages 13 - 18
Breakfast/Lunch/Supper	½ cup	¾ cup	1 cup	1 cup
Snack	½ cup	½ cup	1 cup	1 cup



Allowable Milk Options:

- **1 year old:** Whole Milk (including lactose-free options)
- **2-years and older:** Unflavored fat-free, low-fat, reduced-fat, and whole milk (including lactose-free options).
- **6 and older:** May be served flavored fat-free, low-fat, reduced-fat, and whole milk (including lactose-free options).
- **Non-Dairy Beverages:** Creditable for all children ages 1 year and older when a Request for Fluid Milk Substitution is on file; Must meet the Nutrition Requirements for Fluid Milk Substitutes below

Best Practice:

- Serve only unflavored milk. If flavored milk is served limit to ≤ 22 grams of sugar per 8 ounces of flavored milk.

Nutrition Requirements for Fluid Milk Substitutes:

Nutrient	Requirement per cup (8 fluid ounces)
Protein	8 grams
Calcium	276 mg
Vitamin A	150 mcg
Vitamin D	2.5 mcg
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	0.44 mg
Vitamin B12	1.1 mcg

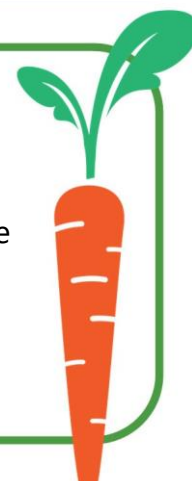
Vegetables

Meal	Food Components	Ages 1 - 2	Ages 3 - 5	Ages 6 - 12	Ages 13 - 18
Breakfast	Fruit or Vegetable	¼ cup	½ cup	½ cup	½ cup
Lunch/Supper	Vegetable	⅛ cup	¼ cup	½ cup	½ cup
Snack	Vegetable	½ cup	½ cup	¾ cup	¾ cup

- Vegetables can be fresh, frozen, or canned
- Vegetable may replace fruit at lunch—but must be 2 different vegetables
- 100% juice only (limit to 1 time per day)
- ½ cup raw, leafy greens = ¼ cup vegetable serving
- Vegetables in amounts of less than 1/8 cup do not credit toward a reimbursable meal

Best Practice:

- Serve a variety of vegetables throughout the week.



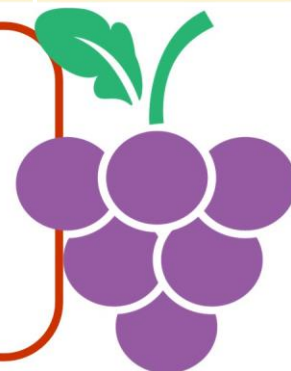
Fruits

Meal	Food Components	Ages 1 - 2	Ages 3 - 5	Ages 6 - 12	Ages 13 - 18
Breakfast	Fruit or Vegetable	¼ cup	½ cup	½ cup	½ cup
Lunch/Supper	Fruit	⅛ cup	¼ cup	¼ cup	¼ cup
Snack	Fruit	½ cup	½ cup	¾ cup	¾ cup

- Fruit can be fresh, frozen, dried, or canned
- Dried fruit credits for twice the amount served
Example: ¼ cup dried fruit = ½ cup fruit serving
- 100% juice only (limit juice to 1 time per day)

Best Practice:

- Serve a variety of fruits and choose whole fruits more often than juice



Meat / Meat Alternate

Meal	Ages 1 - 2	Ages 3 - 5	Ages 6 - 12	Ages 13 - 18
Breakfast	Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.			
Lunch/Supper	1 oz M/MA	1½ oz M/MA	2 oz M/MA	2 oz M/MA
Snack	½ oz M/MA	½ oz M/MA	1 oz M/MA	1 oz M/MA

- **Yogurt** must contain no more than 12 grams of added sugars per 6 oz
- **Peanuts, soy nuts, tree nuts, or seeds** may be used to meet the full M/MA component at all meals
- **Tofu** must be commercially prepared and be soybean derived with the basic ingredients being whole soybeans, one or more food-grade coagulants, and water AND contain at least 5 grams of protein per 2.2 oz

Best Practice:

- Serve only lean meats, nuts, and legumes
- Limit serving processed meats to no more than one serving per week
- Serve only natural cheeses and choose low-fat or reduced fat cheeses



M/MA Crediting	
Lean meat, poultry, fish	1 oz = 1 oz M/MA
Tofu	¼ cup = 1 oz M/MA
Cheese	1 oz = 1 oz M/MA
Large egg	½ egg = 1 oz M/MA
Cooked dry beans / peas / lentils	¼ cup = 1 oz M/MA
Peanut butter, soy nut butter, or other nut or seed butters	2 Tbsp = 1 oz M/MA
Yogurt, plain or flavored	½ cup = 1 oz M/MA
Peanuts, soy nuts, tree nuts, or seeds	1 oz = 1 oz M/MA



Grains

	Ages 1 - 2	Ages 3 - 5	Ages 6 - 12	Ages 13 - 18
All meals and snacks	½ oz eq	½ oz eq	1 oz eq	1 oz eq



- Grain products must be made with whole grains or enriched meal and/or enriched flour, or bran or germ
- Grain products served are credited based on ounce equivalents (oz eq)
- At least **1 serving per day**, across all meals and snacks, must be **whole grain-rich**
- Grain-based desserts do not count towards meeting the grains requirement
- Breakfast cereals must contain no more than 6 grams of added sugars per dry ounce

Best Practice:

- Make at least two grain servings each day whole grain-rich

Whole Grain-Rich means:

the grain content of a product is between 50 and 100 percent whole grain with any remaining grains being enriched.

Examples of Whole Grains

Brown Rice	White Whole Wheat Flour
Oatmeal	Whole Wheat Flour
Quinoa	Whole Corn (dried)
Wheat Berries	Wild Rice

Additional Best Practices

- ◆ Incorporate seasonal and locally produced foods into meals
- ◆ Limit serving purchased pre-fried foods to no more than one serving per week
- ◆ Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings, mix-in ingredients sold with yogurt and sugar-sweetened beverages



Menu Planning Principles

Balance

- ◆ Balance higher fat foods with foods that have less fat
- ◆ Balance higher sodium foods with lower sodium foods

Variety

- ◆ Use a combination of mild and strong flavors
- ◆ Use a variety of shapes and sizes
- ◆ Include variety in day to day menu choices

Contrast

- ◆ Think about the texture of foods as well as taste and appearance
- ◆ Use a variety of textures (soft/crispy/smooth/firm/chewy)
- ◆ Use a combination of sizes and shapes of foods

Color

- ◆ Avoid using too many foods of the same color in the same meal
- ◆ Use colorful foods in combination dishes

Eye Appeal

- ◆ Think about total presentation
- ◆ Plan the way you will place the menu items on the plate

Offer Choices

- ◆ Plan some choices for individual taste preferences



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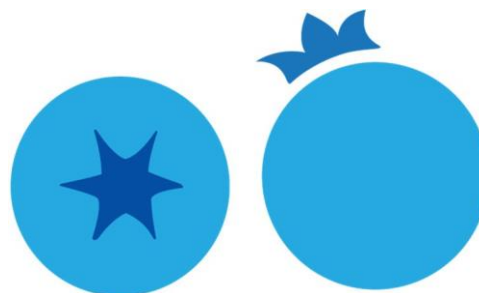
Child Nutrition



Calculation Quick Reference Guide

Yogurt Added Sugar Limits

Serving size	Added sugars must not be more than:
2.25 ounce	4 grams
3.5 ounce	7 grams
4 ounce	8 grams
5.3 ounce	10 grams
6 ounce	12 grams
8 ounce	16 grams



Cereal Added Sugar Limits

Serving size	Added sugars must not be more than:
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams

Tofu Protein Requirements

Serving size	Protein in Grams
2 ounce (57g)	≥5 grams
2.2 ounce (62.37g)	≥5 grams
2.6 ounce (75g)	≥6 grams
3 ounce (85g)	≥7 grams
3.21 ounce (91g)	≥8 grams
4.76 ounce (135g)	≥11 grams