

(Rule 1240-4-3-.Appendix G, continued)

(2) Lunch Or Supper.

Food Components	Age 1 and 2	Age 3-5	Age 6-12
Milk milk, fluid	1/2 cup	3/4 cup	1 cup
Vegetables and Fruits Vegetable(s) and/or fruit(s) <sup>5</sup>	1/4 cup total	1/2 cup total	3/4 cup total
Bread and Bread Alternatives bread or cornbread, biscuits, rolls, muffins, etc. or cooked pasta or noodle products or cooked cereal grains or an equivalent quantity of any combination of bread/bread alternate	1/2 slice 1/2 serving 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/4 cup 1/4 cup	1 slice 1 serving 1/2 cup 1/2 cup
Meat and Meat Alternates lean meat or poultry or fish <sup>6</sup> or cheese or eggs or cooked dry beans or peas or peanut butter, or other nut or seed butters or peanuts or soy nuts <sup>7</sup> or an equivalent quantity of any combination of meat/meat alternate	1 oz. 1 oz. 1 egg 1/4 cup 2 Tbsp. 1/2 oz.= 50%	1-1/2 oz. 1-1/2 oz. 1 egg 3/8 cup 3 Tbsp. 3/4 oz.=50%	2 oz. 2 oz. 1 egg 1/2 cup 4 Tbsp. 1 oz.= 50%

(See footnotes from breakfast pattern.)

<sup>5</sup> Serve 2 or more kinds of vegetable(s) and/or fruit(s). Full-strength vegetable or fruit juice may be counted to meet not more than 1/2 of this requirement.

<sup>6</sup> Edible portion as served.

<sup>7</sup> No more than 50% of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purposes of determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry, or fish.

(Rule 1240-4-3-.Appendix G, continued)

(4) The Child Care Food Program Infant Meal Pattern.

Age of Baby by Month	Breakfast	Lunch & Supper	Snack
Birth through 3 months	4-6 fluid ounces (fl oz) breast milk <sup>9</sup> or formula <sup>10</sup>	4-6 fl oz breast milk <sup>9</sup> or formula <sup>10</sup>	4-6 fl oz breast milk <sup>9</sup> or formula <sup>10</sup>
4 months through 7 months	4-8 fl oz breast milk <sup>9</sup> or formula <sup>10</sup>  0-3 tablespoons (tbsp.) infant cereal <sup>11</sup> (optional)	4-8 fl oz breast milk <sup>9</sup> or formula <sup>10</sup>  0-3 tbsp. infant cereal <sup>11</sup> (optional)  0-3 tbsp. fruit and/or vegetable (optional)	4-6 fl oz breast milk <sup>9</sup> or formula <sup>10</sup>
8 months through 11 months	6-8 fl oz breast milk <sup>9</sup> , formula <sup>10</sup> , or whole milk  2-4 tbsp. infant cereal <sup>11</sup>  1-4 tbsp. fruit and/or vegetable	6-8 fl oz breast milk <sup>9</sup> , formula <sup>10</sup> , or whole milk  2-4 tbsp. infant cereal <sup>11</sup> and/or 1-4 tbsp. meat, fish, poultry, egg yolk, or cooked dry beans or peas, or 1/2 to 2 oz. cheese, or 1-4 oz cottage cheese, cheese food, or cheese spread  1-4 tbsp. fruit and/or vegetable	2-4 fl oz breast milk <sup>9</sup> , formula <sup>10</sup> , whole milk, or fruit juice <sup>12</sup>  0-1/2 slice bread or 0-2 crackers <sup>13</sup> (optional)

<sup>9</sup> Meals containing only breast milk are not reimbursable

<sup>10</sup> Iron-fortified infant formula

<sup>11</sup> Iron-fortified dry infant cereal

<sup>12</sup> Full-strength fruit juice

<sup>13</sup> Made from whole-grain or enriched meal or flour