Breakfast
Reimbursable Meal Pattern

Select all three components:

1 MILK
1 cup fluid milk

1 FRUIT/VEGETABLE
1/2 cup juice\(^1\), fruit and/or vegetable

1 GRAIN/BREAD\(^2\)
1 slice bread or
1 serving cornbread, biscuit, roll or muffin or
3/4 cup cold, dry cereal or
1/2 cup hot, cooked cereal or
1/2 cup pasta, noodles or grains

\(^1\) Fruit or vegetable juice must be full-strength.
\(^2\) Breads and grains must be made from whole-grain or
enriched meal or flour. Cereal must be whole-grain, enriched or fortified.
Lunch

Reimbursable Meal Pattern

Select all three components:

1 MILK
1 cup fluid milk

2 FRUITS/VEGETABLES
3/4 cup juice¹, fruit and/or vegetable

1 GRAIN/BREAD²
1 slice bread or
1 serving cornbread, biscuit, roll or muffin or
1/2 cup hot, cooked cereal or
1/2 cup pasta, noodles or grains

1 MEAT/MEAT ALTERNATE
2 oz. lean meat, poultry or fish³ or
2 oz. alternate protein product or
2 oz. cheese or
1 large egg or
1/2 cup cooked dry beans or peas or
4 tbsp. peanut or other nut or seed butter or
1 oz. nuts and/or seeds⁴ or
8 oz. yogurt⁵

¹ Fruit or vegetable juice must be full-strength.
² Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain, enriched or fortified.
³ A serving consists of the edible portion of cooked lean meat, poultry or fish.
⁴ Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement.
⁵ Yogurt may be plain or flavored, unsweetened or sweetened.
Snack
Reimbursable Meal Pattern

Select two of four components:

1 MILK
1 cup fluid milk

2 FRUITS/VEGETABLES
3/4 cup juice, fruit and/or vegetable

1 GRAIN/BREAD
1 slice bread or
1 serving cornbread, biscuit, roll or muffin or
3/4 cup cold, dry cereal or
1/2 cup hot, cooked cereal or
1/2 cup pasta, noodles or grains

1 MEAT/MEAT ALTERNATE
1 oz. lean meat, poultry or fish or
1 oz. alternate protein product or
1 oz. cheese or
1/2 large egg or
1/4 cup cooked dry beans or peas or
2 tbsp. peanut or other nut or seed butter or
1 oz. nuts and/or seeds or
4 oz. yogurt

1 Fruit or vegetable juice must be full-strength.
2 Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain, enriched or fortified.
3 A serving consists of the edible portion of cooked lean meat, poultry or fish.
4 Yogurt may be plain or flavored, unsweetened or sweetened.