

# Breakfast

## Reimbursable Meal Pattern

Select all three components:

### 1 MILK

1 cup fluid milk

### 1 FRUIT/VEGETABLE

1/2 cup juice<sup>1</sup>, fruit and/or vegetable

### 1 GRAIN/BREAD<sup>2</sup>

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

<sup>1</sup> Fruit or vegetable juice must be full-strength.

<sup>2</sup> 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 juice<sup>1</sup>, fruit and/or vegetable

### 1 GRAIN/BREAD<sup>2</sup>

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 fish<sup>3</sup> 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 seeds<sup>4</sup> or

8 oz. yogurt<sup>5</sup>

<sup>1</sup> Fruit or vegetable juice must be full-strength.

<sup>2</sup> Breads and grains must be made from whole-grain or enriched meal or flour.  
Cereal must be whole-grain, enriched or fortified.

<sup>3</sup> A serving consists of the edible portion of cooked lean meat, poultry or fish.

<sup>4</sup> 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.

<sup>5</sup> Yogurt may be plain or flavored, unsweetened or sweetened.



**BREAK** for a **PLATE**

ALABAMA

# Snack

## Reimbursable Meal Pattern

Select two of four components:

### 1 MILK

1 cup fluid milk

### 2 FRUITS/VEGETABLES

3/4 cup juice<sup>1</sup>, fruit and/or vegetable

### 1 GRAIN/BREAD<sup>2</sup>

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<sup>3</sup> 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<sup>4</sup>

<sup>1</sup> Fruit or vegetable juice must be full-strength.

<sup>2</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain, enriched or fortified.

<sup>3</sup> A serving consists of the edible portion of cooked lean meat, poultry or fish.

<sup>4</sup> Yogurt may be plain or flavored, unsweetened or sweetened.



**BREAK for a PLATE**  
ALABAMA