Breakfast Reimbursable Meal Pattern

Select all three components:

1 MILK

1 cup fluid milk

1 FRUIT/VEGETABLE

1/2 cup juice¹, fruit and/or vegetable

1 GRAIN/BREAD²

1 slice bread or

1 serving cornbread, biscuit, roll or muffin or

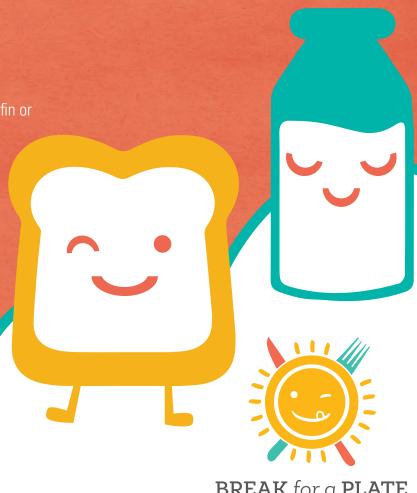
3/4 cup cold, dry cereal or

1/2 cup hot, cooked cereal or

1/2 cup pasta, noodles or grains

² Proof or vegetable juice must be tull-strength.

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



BREAK for a PLATE

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



ALABAMA

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.

³A 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.

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 juice¹, fruit and/or vegetable

1 GRAIN/BREAD²

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 fish³ or

1 oz. alternate protein product or

1 oz. cheese or

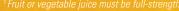
1/2 large egg or

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. yogurt⁴



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