

# Child (Ages 1-18) Meal Pattern

## Child and Adult Care Food Program

FOOD COMPONENTS AND FOOD ITEMS	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>1</sup>
<b>BREAKFAST <sup>2, 3</sup></b>				
Fluid Milk <sup>4</sup>	4.8 oz (½ cup)	6.8 oz (¾ cup)	8.8 oz (1 cup)	8.8 oz (1 cup)
Vegetables, Fruits or portions of both <sup>5</sup>	¼ cup	¼ cup	¼ cup	¼ cup
Grains <sup>6, 7, 8</sup>				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product (such as biscuit, roll, muffin)	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>9</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	¼ cup	¼ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>9, 10</sup>	¼ cup	¼ cup	¼ cup	¼ cup
<b>SNACK <sup>2, 11</sup> (Select 2 of the 5 components for a reimbursable snack)</b>				
Fluid Milk <sup>4</sup>	4.8 oz (½ cup)	4.8 oz (½ cup)	8.8 oz (1 cup)	8.8 oz (1 cup)
Meat or Meat Alternate				
Lean meat, poultry, or fish	½ oz	½ oz	1 oz	1 oz
Tofu	1.1 oz or ½ c	1.1 oz or ½ c	2.2 oz or ½ c	2.2 oz or ½ c
Soy product or alternate protein products <sup>12</sup>	¼ oz	¼ oz	1 oz	1 oz
Cheese	½ oz	½ oz	1 oz	1 oz
Large egg	½	½	½	½
Cooked dry beans/peas	¼ cup	¼ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.	2 Tbsp.
Yogurt (including soy), plain or flavored, unsweetened or sweetened <sup>13</sup>	2 oz (¼ cup)	2 oz (¼ cup)	4 oz (½ cup)	4 oz (½ cup)
Peanuts, soy nuts, tree nuts or seeds	½ oz	½ oz	1 oz	1 oz
Vegetables <sup>5</sup>	¼ cup	¼ cup	¼ cup	¼ cup
Fruits <sup>5</sup>	¼ cup	¼ cup	¼ cup	¼ cup
Grains <sup>6, 7</sup>				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>9</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	¼ cup	¼ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>9, 10</sup>	¼ cup	¼ cup	¼ cup	¼ cup
<b>LUNCH OR SUPPER <sup>2, 14</sup></b>				
Fluid Milk <sup>4</sup>	4.8 oz (½ cup)	6.8 oz (¾ cup)	8.8 oz (1 cup)	8.8 oz (1 cup)
Meat or Meat Alternate				
Lean meat, poultry, or fish	1 oz	1½ oz	2 oz	2 oz
Tofu	2.2 oz or ½ c	3.3 oz or ¾ c	4.4 oz or ½ c	4.4 oz or ½ c
Soy product, or alternate protein products <sup>12</sup>	1 oz	1½ oz	2 oz	2 oz
Cheese	1 oz	1½ oz	2 oz	2 oz
Large egg	½	½	1	1
Cooked dry beans/peas	¼ cup	¼ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.
Yogurt (including soy), plain or flavored, unsweetened or sweetened <sup>13</sup>	4 oz (½ cup)	6 oz (¾ cup)	8 oz (1 cup)	8 oz (1 cup)
Peanuts, soy nuts, tree nuts or seeds (may be used to meet no more than 50% of the meat/meat alternate requirement) (1 oz nuts/seeds = 1 oz cooked lean meat, poultry, or fish)	½ oz = 50%	½ oz = 50%	1 oz = 50%	1 oz = 50%
Vegetables <sup>5, 15</sup>	¼ cup	¼ cup	¼ cup	¼ cup
Fruits <sup>5, 15</sup>	¼ cup	¼ cup	¼ cup	¼ cup
Grains <sup>6, 7</sup>				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>9</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	¼ cup	¼ cup

# Nutrition And Meal Planning In Child Care Programs

**LP Steffe**



## **Nutrition And Meal Planning In Child Care Programs:**

Nutrition and Meal Planning in Child-care Programs Sari Edelstein,1992 This book was written to assist child care center managers in planning nutritious meals for children at centers or licensed home day care programs and is based on the daily food and serving recommendations of the U S Dept of Agriculture Includes nutritional requirements of infants and children sample menus for child care centers and a list of resource agencies      Managing Child Nutrition Programs Josephine Martin,Charlotte Oakley,2008 Managing Child Nutrition Programs Leadership for Excellence Second Edition gives readers the skills and knowledge they need to develop and lead today s child nutrition programs Each chapter and accompanying case study are prepared by recognized child nutrition professionals and academic leaders with proven applications in the development implementation management and evaluation of child nutrition programs The Second Edition takes a systems approach to program management by focusing on four program areas administration nutrition operations and communications and marketing This approach prepares readers to achieve innovation and excellence in their child nutrition programs through effective leadership in each of the program areas with the desired outcome of helping children develop healthy food habits and giving children access to healthful food when under the care of the school or institutional setting Managing Child Nutrition Programs has been fully updated to reflect recent changes in legislation and school nutrition programs to give readers the most authoritative information The Second Edition focuses on the latest issues in the school nutrition environment such as a school s responsibility to curb student obesity school board policy and the sale of non nutritious foods and the need for collaboration to balance healthy eating and physical activity This valuable resource for dietetic educators and community health and public health professionals is also an essential tool for school districts and state departments of education With chapters prepared by recognized child nutrition practitioners and academic leaders this publication addresses the strategic needs of child nutrition programs today The Second Edition has been fully updated to reflect changes in legislation and school nutrition programs This resource addresses the latest issues in the school nutrition environment such as a school s responsibility to curb student obesity school board policy and the sale of non nutritious foods and the need for collaboration to balance healthy eating and physical activity Managing Child Nutrition Programs offers updated competency statements for school nutrition directors managers and food service assistants c 2008 860 pages

*Food and Nutrition Information and Educational Materials Center Catalog* Food and Nutrition Information Center (U.S.),1976      *Food and Nutrition Resource for Grades Preschool Through 6* Shirley King Evans,1998      **Food Service Programs for Children** National Agricultural Library (U.S.),1975      **Child Care Comprehensive Training Program** West Virginia. Nutrition Education and Training Program,1987\*      Promoting Nutrition Through Education ,1989

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## Reviewing **Nutrition And Meal Planning In Child Care Programs**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Nutrition And Meal Planning In Child Care Programs**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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### **Table of Contents Nutrition And Meal Planning In Child Care Programs**

1. Understanding the eBook Nutrition And Meal Planning In Child Care Programs
  - The Rise of Digital Reading Nutrition And Meal Planning In Child Care Programs
  - Advantages of eBooks Over Traditional Books
2. Identifying Nutrition And Meal Planning In Child Care Programs
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Nutrition And Meal Planning In Child Care Programs
  - User-Friendly Interface
4. Exploring eBook Recommendations from Nutrition And Meal Planning In Child Care Programs
  - Personalized Recommendations
  - Nutrition And Meal Planning In Child Care Programs User Reviews and Ratings
  - Nutrition And Meal Planning In Child Care Programs and Bestseller Lists

5. Accessing Nutrition And Meal Planning In Child Care Programs Free and Paid eBooks
  - Nutrition And Meal Planning In Child Care Programs Public Domain eBooks
  - Nutrition And Meal Planning In Child Care Programs eBook Subscription Services
  - Nutrition And Meal Planning In Child Care Programs Budget-Friendly Options
6. Navigating Nutrition And Meal Planning In Child Care Programs eBook Formats
  - ePub, PDF, MOBI, and More
  - Nutrition And Meal Planning In Child Care Programs Compatibility with Devices
  - Nutrition And Meal Planning In Child Care Programs Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Nutrition And Meal Planning In Child Care Programs
  - Highlighting and Note-Taking Nutrition And Meal Planning In Child Care Programs
  - Interactive Elements Nutrition And Meal Planning In Child Care Programs
8. Staying Engaged with Nutrition And Meal Planning In Child Care Programs
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Nutrition And Meal Planning In Child Care Programs
9. Balancing eBooks and Physical Books Nutrition And Meal Planning In Child Care Programs
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Nutrition And Meal Planning In Child Care Programs
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Nutrition And Meal Planning In Child Care Programs
  - Setting Reading Goals Nutrition And Meal Planning In Child Care Programs
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Nutrition And Meal Planning In Child Care Programs
  - Fact-Checking eBook Content of Nutrition And Meal Planning In Child Care Programs
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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