

## Updated Meal Pattern Requirements Checklist for Children and Adults

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Juice is limited to once per day.

A vegetable and fruit must be served during lunch and supper meals. The fruit component may be substituted for a vegetable at lunch and supper meals; when two vegetables are served, they are two different kinds of vegetables.

At least one serving of grains per day must be whole grain-rich.

Breakfast cereals contain no more than 6 grams of sugar per dry ounce.

No grain-based desserts are included on the menu.

The appropriate type of milk is served to each age group:

- Age 1 year: Unflavored whole milk
- Ages 2-5 years: Unflavored low-fat or fat-free milk
- Ages 6-18 years and Adult Participants: Unflavored low-fat, unflavored fat-free, or flavored fat-free milk

Meat/meat alternates may replace the entire grain component at breakfast a maximum of three times per week.

Yogurt contains no more than 23 grams of sugar per 6 ounces.

Tofu and soy yogurt may be served as a meat alternate.

Serving sizes are correct for each age group.

No food items are deep-fat fried on-site.

Yogurt may replace milk once per day for adult participants only.

