### National School Lunch Program (NSLP) and School Breakfast Program (SBP) Meal Pattern Advisory Appendix B

**Breakfast Meal Patterns**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Ages 1-2** | **Ages 3-5** | **Ages 6-12 & 13-18** |
| **Milk** | ½ cup | ¾ cup | 1 cup |
| **Vegetables, fruit, or both** | ¼ cup | ½ cup | ½ cup |
| **Grains** | ½ oz eq\* | ½ oz eq\* | 1 oz eq\* |

\*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week. Oz eq = ounce equivalents

### Lunch and Supper Meal Patterns

|  |  |  |  |
| --- | --- | --- | --- |
| **Ages 1-2** | | **Ages 3-5** | **Ages 6-12 & 13-18** |
| **Milk** | ½ cup | ¾ cup | 1 cup |
| **Meat and meat alternates** | 1 oz | 1 ½ oz | 2 oz |
| **Vegetables** | ⅛ cup | ¼ cup | ½ cup |
| **Fruits** | ⅛ cup | ¼ cup | ¼ cup |
| **Grains** | ½ oz eq | ½ oz eq | 1 oz eq |

**Note: All serving sizes are minimum quantities of the food components that are required to be served.**