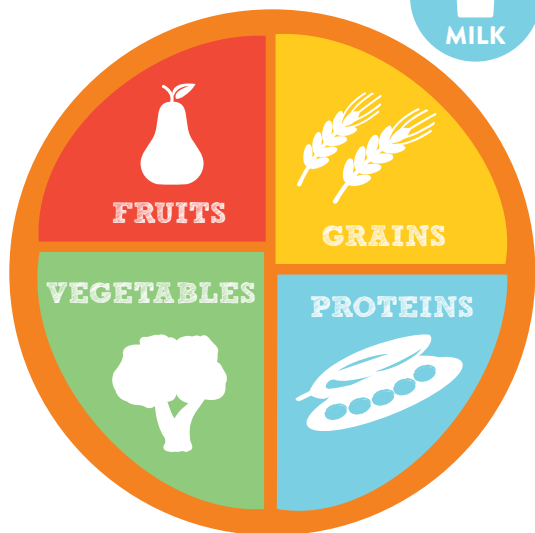


# KinderCare Meal Pattern

Our KinderCare Education meal pattern shows you what food groups to serve and the appropriate portion sizes for each meal and snack. Remember, children's tummies are small; therefore, they need to eat smaller, more frequent meals.



Breakfast	AGES 1-2	AGES 3-5	AGES 6-12	Adult
GRAIN	½ oz eq*	½ oz eq *	1 oz eq *	2 oz eq *
FRUIT OR VEGETABLE	¼ cup	½ cup	½ cup	½ cup
MILK	½ cup	¾ cup	1 cup	1 cup

\*Protein may be used to substitute the entire grains food group a maximum of 3 times per week.

Lunch	AGES 1-2	AGES 3-5	AGES 6-12	Adult
GRAIN	½ oz eq	½ oz eq	1 oz eq	2 oz eq
MEAT OR PROTEIN	1 oz	1½ oz	2 oz	2 oz
FRUIT OR VEGETABLE	⅛ cup	¼ cup	¼ cup	½ cup
VEGETABLE	⅛ cup	¼ cup	½ cup	½ cup
MILK	½ cup	¾ cup	1 cup	1 cup

Snack (Select 2)	AGES 1-2	AGES 3-5	AGES 6-12	Adult
GRAIN	½ oz eq	½ oz eq	1 oz eq	1 oz eq
MEAT OR PROTEIN	½ oz	½ oz	1 oz	1 oz
FRUIT	½ cup	½ cup	¾ cup	½ cup
VEGETABLE	½ cup	½ cup	¾ cup	½ cup
MILK	½ cup	½ cup	1 cup	1 cup

Use the single serve portion chart for more information.

