

	<b><u>Breakfast</u></b> Serve all 3	<b><u>Lunch or Supper</u></b> Serve all 4	<b><u>Snack</u></b> Serve 2 of the 4
<b>Milk</b>	<b>REQUIRED</b>	<b>REQUIRED</b>	
Whole, 2%, 1%, skim	1 cup <sup>1</sup> (1/2 pint, 8 fluid oz) <sup>2</sup>	1 cup <sup>1</sup> (1/2 pint, 8 fluid oz) <sup>3</sup>	1 cup <sup>1</sup> (1/2 pint, 8 fluid oz) <sup>2</sup>
<b>Fruits/Vegetables</b> Equivalent quantity of any combination of...	<b>REQUIRED</b>	<b>REQUIRED</b>	
Fruits/Vegetables or	1/2 cup	3/4 cup total <sup>4</sup>	3/4 cup
100% fruit/vegetable juice	1/2 cup (4 fluid oz)		3/4 cup (6 fluid oz) <sup>5</sup>
<b>Grains/Breads<sup>6</sup></b> Equivalent quantity of any combination of...	<b>REQUIRED</b>	<b>REQUIRED</b>	
Bread or	1 slice	1 slice	1 slice
Biscuit, roll, muffin etc. or	1 serving <sup>7</sup>	1 serving <sup>7</sup>	1 serving <sup>7</sup>
Cold dry cereal or	3/4 cup or 1 oz <sup>8</sup>		3/4 cup or 1 oz <sup>8</sup>
Cooked cereal or cooked grains or	1/2 cup	1/2 cup	1/2 cup
Cooked pasta or noodle product	1/2 cup	1/2 cup	1/2 cup
<b>Meat/Meat Alternates</b> Equivalent quantity of any combination of...	<b>OPTIONAL</b>	<b>REQUIRED</b>	
Lean meat or poultry or fish or	1 oz	2 oz	1 oz
Alternate protein products <sup>9</sup> or	1 oz	2 oz	1 oz
Cheese or	1 oz	2 oz	1 oz
Egg (large) or	1/2	1	1/2
Cooked dry beans or peas or	1/4 cup	1/2 cup <sup>1</sup>	1/4 cup <sup>1</sup>
Peanut or other nut or seed butters or	2 tbsp	4 tbsp	2 tbsp
Nuts or seeds <sup>10</sup> or		1 oz=50% <sup>11</sup>	1 oz
Yogurt	4 oz or 1/2 cup	8 oz or 1 cup	4 oz or 1/2 cup

<sup>1</sup> For the purposes of the requirement outlined in this table, a cup means a standard measuring cup.

<sup>2</sup> Served as a beverage or on cereal or used in part for each purpose.

<sup>3</sup> Served as a beverage.

<sup>4</sup> Serve two or more kinds of vegetables or fruits or a combination of both. Full strength vegetable or fruit juice may be counted to meet no more than one-half of this requirement.

<sup>5</sup> Juice may not be served when milk is served as the only other component.

<sup>6</sup> Bread, pasta or noodle products, and cereal grains (such as rice, bulgur, or corn grits) shall be whole-grain or enriched. Cornbread, biscuits, rolls, muffins, etc, shall be made with whole-grain or enriched meal or flour. Cereal shall be whole-grain, enriched or fortified.

<sup>7</sup> Serving sizes and equivalents will be in guidance materials to be distributed by FNS to State agencies.

<sup>8</sup> Either volume (cup) or weight (ounces), whichever is less.

<sup>9</sup> Must meet the requirements of 7 CFR 225 Appendix A.

<sup>10</sup> Tree nuts and seeds that may be used as meat alternate are listed in program guidance.

<sup>11</sup> No more than 50 percent of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purposes of determining combinations, one ounce of nuts or seeds is equal to one ounce of cooked lean meat, poultry or fish.

<sup>12</sup> Plain or flavored, unsweetened or sweetened.