

HANDBOOK CONTINUES

SUPPLEMENTAL FOOD

(3) The minimum amounts of food components to be served as supplemental food as set forth in paragraph (a)(3) of ...[7 CFR, Part 226.20, Revised January 1, 1990] are as follows. Select two of the following four components. (Juice may not be served when milk is served as the only other component.)

Food Components	Age 1 and 2	Age 3 through 5	Age 6 through 12 ¹
<u>Milk</u>			
Milk, fluid.	1/2 cup ²	1/2 cup	1 cup
<u>Vegetables and Fruits</u>			
Vegetable(s) and/or fruit(s) or Full-strength vegetable or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice.	1/2 cup	1/2 cup	3/4 cup
Bread and Bread Alternates ³			
Bread or Cornbread, biscuits, rolls, muffins, etc. ⁴	1/2 slice	1/2 slice	1 slice
Cold dry cereal ⁵ or Cooked cereal	1/4 cup or 1/3 oz.	1/3 cup or 1/2 oz.	3/4 cup or 1 oz.
Cooked pasta or noodle products or Cooked cereal grains or an equivalent quantity of any combination of bread/bread alternate.	1/4 cup	1/4 cup	1/2 cup
	1/4 cup	1/4 cup	1/2 cup

HANDBOOK CONTINUES

HANDBOOK CONTINUES

SUPPLEMENTAL FOOD (Cont.)

Food Components	Age 1 and 2	Age 3 through 5	Age 6 through 12 ¹
<u>Meat and Meat Alternates</u>			
Lean meat or poultry or fish ⁶ or	1/2 oz.	1/2 oz.	1 oz.
Cheese or	1/2 oz.	1/2 oz.	1 oz.
Eggs or	1/2 egg	1/2 egg	1 egg
Cooked dry beans or peas or	1/8 cup	1/8 cup	1/4 cup
Peanut butter or soynut butter or other nut or seed butters or	1 tbsp.	1 tbsp.	2 tbsp.
Peanuts or soynuts or tree nuts or seeds ⁷ or	1/2 oz.	1/2 oz.	1 oz.
Yogurt, plain, or sweetened and flavored or	2 oz. or 1/4 cup	2 oz. or 1/4 cup	4 oz. or 1/2 cup
An equivalent quantity of any combination of the above meat/meat alternates.			

- 1 Children age 12 and up may be served adult size portions based on the greater food needs of older boys and girls, but shall be served not less than the minimum quantities specified in this section for children age 6 up to 12.
- 2 For purposes of the requirements outlined in this paragraph, a cup means a standard measuring cup.
- 3 Bread, pasta or noodle products, and cereal grains shall be wholegrain or enriched, cornbread, biscuits, rolls, muffins, etc., shall be made with wholegrain or enriched meal or flour; cereal shall be wholegrain or enriched or fortified.
- 4 Serving sizes and equivalents to be published in guidance materials by FNS.
- 5 Either volume (cup) or weight (oz.), whichever is less.
- 6 Edible portion as served.
- 7 Tree nuts and seeds that may be used as meat alternates are listed in program guidance.

(NOTE: Caution should be used with foods that can cause choking in young children and infants [under 4 years of age]. Such foods include, but are not limited to, nuts, e.g., peanuts; popcorn; large pieces of raw vegetables; large grapes; and hot dogs.)

HANDBOOK ENDS HERE