

AGES 1 – 2

NMCAA *Early Head Start* APPROVED CHILD MEAL PATTERN  
**REQUIRED COMPONENTS AND MINIMUM AMOUNTS**

This chart combines CACFP, Early Head Start, and Agency requirements  
 Use together with the FOOD FACT SHEET

FOOD COMPONENT	BREAKFAST 4 Food Components (milk, fruit, grain, protein)	LUNCH 5 Food Components (milk, vegetable, fruit, protein, grain)	SNACK 2 Food Components. Only 1 May Be A Beverage
FLUID MILK Skim, ½%, 1% WHOLE MILK – 1 year old	4 fluid ounces - unflavored	4 fluid ounces - unflavored	4 fluid ounces - unflavored
PROTEIN (MEAT/MEAT ALTERNATE) CHOOSE:			
Lean Meat, Poultry or Fish	1 oz, or 7 grams protein *Head Start Regulations require Protein at Breakfast	1 oz or 7 grams protein	½ ounce or 3.5 grams protein
Tofu, Soy Product or Alternate Protein Products	1 oz or 7 grams	1 oz or 7 grams	½ ounce
Cheese	1 oz	1 oz	½ ounce
Large Egg	1/2 of an egg	1/2 of an egg	½ of an egg
Cooked Dry Beans or Peas	1/4 cup	1/4 cup	1/8 cup
Peanut Butter or Soy Nut Butter or Other Nut or Seed Butters	2 TBSP	2 TBSP	1 TBSP
Yogurt no more than 23grams sugar per 6 ounces	4 ounces or 1/2 cup	4 ounces or 1/2 cup	2 ounces or ¼ cup
FRUITS	1/4 cup	1/8 cup	½ cup
JUICE	Not allowed	Not allowed	100 % Juice once a week
VEGETABLES		1/8 cup	½ cup
Grains: Must serve 1 Whole Grain Per Day:			
Whole-grain rich or Enriched Bread	½ slice ½ oz eq	½ slice ½ oz eq	½ slice ½ oz eq
Whole-grain rich or Enriched Bread Product, (such as crackers, biscuit, roll or muffin)	½ serving ½ oz eq	½ serving ½ oz eq	½ serving ½ oz eq
Whole-grain rich, Enriched or Fortified Cooked Breakfast Cereal, Cereal Grain and/or Pasta	¼ c ½ oz eq	¼ c ½ oz eq	¼ c ½ oz eq
Whole grain-rich, Enriched or Fortified Ready-to-Eat Breakfast Cereal (dry –SEE APPROVED CEREAL LIST	Flakes/rounds ½ c Puffed cereal ¾ c		Flakes/rounds ½ c Puffed cereal ¾ c