

# USDA Meal Guidelines

Required for scoring *Environment Rating Scales* as of October 1, 2017  
 From Child and Adult Meal Patterns (<https://www.fns.usda.gov>)

## Breakfast

	1-2 years	3-5 years	6-12 years
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 alternatives may be used to substitute the entire grains component a maximum of 3 times a week. Oz eq= ounce equivalent

## Lunch or Supper

	1-2 years	3-5 years	6-12 years
Milk	½ cup	¾ cup	1 cup
Meat or meat alternatives	1oz	1 oz	2 oz
Vegetables	½ cup	½ cup	½ cup
Fruit*	½ cup	½ cup	¼ cup
Grains	½ oz eq	½ oz eq	1 oz eq

Oz eq= ounce equivalent

\*Two different vegetables may be served instead of a vegetable and a fruit.

## Snack (Select 2 of the 5 components)

	1-2 years	3-5 years	6-12 years
Milk	½ cup	½ cup	1 cup
Meat or meat alternatives	½ oz	½ oz	1 oz
Vegetables	½ cup	½ cup	¾ cup
Fruit	½ cup	½ cup	¾ cup
Grains*	½ oz eq	½ oz eq	1 oz eq

Oz eq= ounce equivalent

### Notes to be used in scoring ERS:

- For scoring the 3<sup>rd</sup> editions of the scales, it is likely that only one meal or snack will be observed. It will not be possible to ensure all requirements are met, so base score on whatever is observed.
- All amounts are the minimum portions to be served, not the maximum
- Juice is limited to once per day, and must be full strength
- One serving per day must be whole grains
- Grain-based desserts no longer count as grains component
- Tofu counts as a meat alternative
- Unflavored whole milk required for 1year olds; unflavored low fat or fat-free milk required for 2-5 years, flavored milk allowed for children 6 and older
- Yogurt must contain no more than 23 grams of sugar in 6 oz.; breakfast cereals no more than 6 grams sugar per oz.

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## Breakfast

Birth through 5 months	5 through 11 months
4-6 fluid ounces breast milk or formula	6-8 fluid ounces breast milk or formula <i>and</i>  0-4 tablespoons of infant cereal, meat, fish, poultry, whole egg, cooked dry peas or beans; 02 oz cheese or cottage cheese (or combination of both) <i>and</i>  0-2 tablespoons vegetables or fruit or combination of both

## Lunch/Supper

Birth through 5 months	5 through 11 months
4-6 fluid ounces breast milk or formula	6-8 fluid ounces breast milk or formula <i>and</i>  0-4 tablespoons of infant cereal, meat, fish, poultry, whole egg, cooked dry peas or beans; or 02 oz cheese; 0-4 oz of cottage cheese (volume), or 0-4 ounces or ½ cup yogurt or a combination of above <i>and</i>  0-2 tablespoons vegetables or fruit or combination of both

## Snack

Birth through 5 months	5 through 11 months
4-6 fluid ounces breast milk or formula	2-4 fluid ounces breast milk or formula <i>and</i>  0-1/2 slice bread or 2 crackers or 0-4 tablespoons of infant cereal or ready-to-eat breakfast cereal <i>and</i>  0-2 tablespoons vegetables or fruit or combination of both

### Notes to be used in scoring ERS:

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- All amounts are the minimum portions to be served, not the maximum
- Breastmilk or formula or both must be served
- Infant formula or dry cereal must be iron-fortified
- Fruit and vegetable juices must not be served
- A serving of grains must be whole-grain rich, enriched meal, or enriched flour
- Yogurt must contain no more than 23 grams of sugar in 6 oz.; breakfast cereals no more than 6 grams sugar per oz.
- Infants must be developmentally ready to be served solid foods or foods that must be gummed or chewed