## Five Meal Components

### Milk
Unflavored whole milk must be served to 1 year old children; unflavored skim or 1% milk must be served to children 2 through 5 years of age; unflavored/flavored skim or 1% milk can only be served to children 6 years and older including adults.

**Specifics:**
- Must be pasteurized fluid milk.
- Is a required component at breakfast, lunch and supper?
- Milk may be served as a beverage, on cereal or used for some of both at breakfast and snack.
- Milk used in cooking is not creditable.
- Infants birth through 11 months must be provided breast milk, including breastfed on-site, or iron-fortified infant formula.
- Children age 12 months through 23 months must be provided unflavored whole milk.
- Milk may not be served for snack when juice is served as the second component.

### Meat/Meat Alternate (m/ma)
Includes lean meat, poultry, fish, cheese, egg, cooked dry beans/peas, nuts and seeds and their butters, tofu, alternate protein products, and yogurt - creditable at lunch, supper, and snack. A m/ma may replace the grain component at breakfast a maximum of 3 times per week.

**Specifics:**
- Required at lunch and supper as main dish.
- Nut and seed butters can now be used to meet all of m/ma at lunch/supper. Nuts and seeds meet full m/ma requirements at snack.
- Tofu, yogurt and soy yogurts (that meet the sugar limit of 23g per 6 oz., maintain documentation) may be used to meet the m/ma alternate component.
- Yogurt credits as 4oz = 1oz m/ma.
- A combination food served as a main dish may be credited as the m/ma plus up to 2 other meal components (3 total) provided each component meets the minimum meal pattern requirement.
- Limit serving processed meats (lunch meat, cold cuts, hot dogs and sausage products) to no more than one serving per week is recommended.
- Commercially processed food must have processed food documentation (CN label, product formulation statement) to be creditable.
- No more than 2 different m/ma items are creditable at 1 meal.
- May be served in place of the entire grain component at breakfast a maximum of 3 times per week. One ounce of m/ma equivalent to 1 ounce of grain (exception - see above regarding yogurt serving size to credit as 1 oz. of m/ma).
**Vegetable**
The combined fruit and vegetable component is now a separate vegetable component and a fruit component.

**Specifics:**
- Cooked dry beans and peas may credit as either a vegetable or as a meat alternate, but not as both in the same meal.
- One cup of raw leafy greens counts as ½ cup of vegetables.
- One serving of either a fruit OR a vegetable or both is required at breakfast.
- A vegetable may be used to meet the entire fruit requirement.
- When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
- Pasteurized full-strength 100% juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

**Fruit**
The combined fruit and vegetable component is now a separate vegetable component and a fruit component.

**Specifics:**
- Fruits may be served fresh, frozen, canned, dried or as 100% pasteurized fruit juice.
- One serving of either a fruit OR a vegetable or both is required at breakfast.
- ¼ cup of dried fruit counts as ½ cup of fruit.
- Pasteurized full-strength 100% juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- Juice may not be served at snack when milk is served as a component.
- Combinations such as fruit cocktail may be credited to meet one of the two required components at lunch or supper.
- One serving of fruit can be replaced with a vegetable at lunch/supper.

**Grains**
Whole grain rich foods are those that contain 100% whole grains or at least 50% whole grains and the remaining grains in the food are enriched.

**Specifics:**
- Required at breakfast, lunch and supper.
- At least 1 grain per day must be whole grain (WG) rich (maintain documentation).
- Ready-to-eat cereal may be served at breakfast and snack only and must contain no more than 6g of sugar per dry ounce (maintain documentation).
- Grain based desserts do not count toward the grain requirement, with the exception of sweet crackers, which includes graham crackers of all shapes and animal crackers.
- A meat/meat alternate may be used to meet the entire grain component at breakfast a maximum of three times per week.