

## Washington State Meal Pattern for Licensed Childcare

TYPE OF MEALS	PORTION SIZE		
	Age 1-3	Age 3-6	Age 6-12
<b>BREAKFAST</b>			
1. <b>Fruit or Juice/Vegetable</b>	1/4 cup	1/4 cup	1/2 cup
2. <b>Grain:</b> Bread	1/2 slice	1/2 slice	1 slice
❖ Cereal, hot or cold	1/4 cup	1/3 cup	3/4 cup
❖ pancakes, waffles, tortillas	1, 3 inch diameter	1, 3 inch diameter	2, 3 inch diameter
3. <b>Dairy:</b> Milk	1/2 cup	1/2 cup	3/4 cup
❖ Yogurt	1/2 cup	1/2 cup	3/4 cup
❖ Cheese slice	3/4 oz	3/4 oz	1 oz
<b>LUNCH/SUPPER/DINNER</b>			
1. <b>Meat:</b> Beef, Poultry, Fish, Pork, <b>Meat Alternates:</b>	1 oz	1 1/2 oz	2 oz
❖ Beans, cooked (pinto, white, red etc)	1/4 cup	3/8 cup	1/2 cup
❖ Nuts, Seeds	1/2 oz	3/4 oz	1 oz
❖ Tofu	2 oz	3 oz	4 oz
❖ Egg	1	1	2
❖ Cheese, cottage cheese	1 oz, 1/4 cup	1 1/2 oz, 1/2 cup	2 oz, 3/4 cup
2. <b>Vegetable and/or Fruit</b>			
❖ Fruit (2 or more)	1/4 cup	1/2 cup	3/4 cup
❖ Vegetable (2 or more)	1/4 cup	1/2 cup	3/4 cup
❖ Vegetable and fruit (one of each)	1/8 cup of each	1/4 cup of each`	1/3 cup
3. <b>Grain:</b> Bread	1/2 slice	1/2 slice	1 slice
❖ Cooked pasta/rice/noodles	1/4 cup	1/4 cup	1/2 cup
❖ Corn Tortilla (6 " diameter)	1/2 tortilla	1/2 tortilla	1 tortilla
❖ Flour Tortilla or pita bread	1/3 piece	1/3 piece	2/3 piece
4. <b>Dairy Products:</b> Milk	1/2 cup	1/2 cup	3/4 cup
❖ Yogurt	1/2 cup	1/2 cup	3/4 cup
❖ Cheese	3/4 oz	3/4 oz	1 oz
<b>SNACKS</b>			
Choose from 2 of the 4 food groups			
1. <b>Meat:</b> Beef, Poultry, Fish, Pork, <b>Meat Alternates:</b>	1/2 oz	1/2 oz	1 oz
❖ Peanut butter	1 Tbsp	1 Tbsp	2 Tbsp
❖ Beans, cooked (pinto, white, red etc)	1/8 cup or 2 Tbsp	1/8 cup or 2 Tbsp	1/4 cup
❖ Nuts, Seeds	1/4 oz	1/4 oz	1/2 oz
❖ Tofu	1 oz	1.5 oz	2 oz
❖ Egg	1/2	1/2	1
❖ Cheese, cottage cheese	1/2 oz, 1/8 cup	1/2 oz, 1/8 cup	1 oz, 1/4 cup
2. <b>Vegetable and/or Fruit</b>	1/2 cup total	1/2 cup total	3/4 cup total
3. <b>Grain:</b> Bread	1/2 slice	1/2 slice	1 slice
❖ Crackers	2 large, 4 small	2 large, 4 small	4 large, 8 small
❖ Tortilla's/Pita Bread	1/2 -1/3	1/2 -1/3	1 - 2/3
4. <b>Dairy Products:</b> Milk	1/2 cup	1/2 cup	3/4 cup
❖ Yogurt	1/2 cup	1/2 cup	3/4 cup
❖ Cheese slice	3/4 oz	3/4 oz	1 oz

