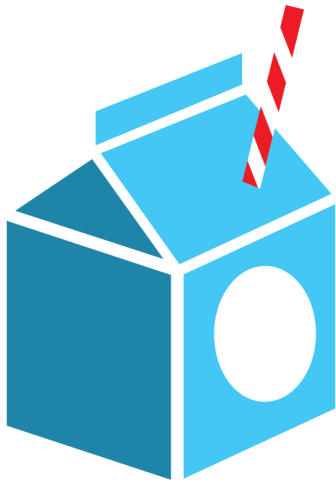


Milk

	Ages 1 - 2	Ages 3 - 5	Ages 6 - 12	Ages 13 - 18
Breakfast/Lunch/Supper	½ cup	¾ cup	1 cup	1 cup
Snack	½ cup	½ cup	1 cup	1 cup



Allowable Milk Options:

- **1 year old:** Whole Milk (including lactose-free options)
- **2 year old and older:** Fat-Free/Skim or Low-Fat/1% (including lactose-free options)
- **Flavored Milk*:** Must be Fat-Free (including lactose-free options) and only allowed for children ages 6 and up
- **Non-Dairy Beverages:** Creditable for all children ages 1 year and older when a Request for Fluid Milk Substitution is on file; Must use product on the approved list below

Best Practice:

- Serve only unflavored milk. If flavored milk is served limit to ≤ 22 grams of sugar per 8 ounces of flavored milk

Approved Non-Dairy Beverages:

8th Continent Soymilk Original or Vanilla*



Great Value Soymilk Original



Silk Soymilk Original



Kirkland Organic Soy Original (32-ounce shelf-stable)



Pacific Foods Ultra Soy Original (32-ounce or 8-ounce shelf-stable)



Ripple Dairy-Free Shelf-Stable Milk Original (32 ounce or 8 ounce), Chocolate* (8 ounce) or Vanilla* (8 ounce)



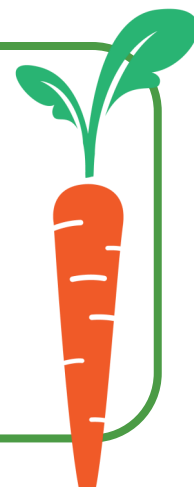
Vegetables

Meal	Food Components	Ages 1 - 2	Ages 3 - 5	Ages 6 - 12	Ages 13 - 18
Breakfast	Fruit or Vegetable	¼ cup	½ cup	½ cup	½ cup
Lunch/Supper	Vegetable	⅛ cup	¼ cup	½ cup	½ cup
Snack	Vegetable	½ cup	½ cup	¾ cup	¾ cup

- Vegetables can be fresh, frozen, or canned
- Vegetable may replace fruit at lunch—but must be 2 different vegetables
- 100% juice only (limit to 1 time per day)
- ½ cup raw, leafy greens = ¼ cup vegetable serving

Best Practice:

- Serve a variety of vegetables throughout the week.
- Make at least one snack component a fruit or vegetable



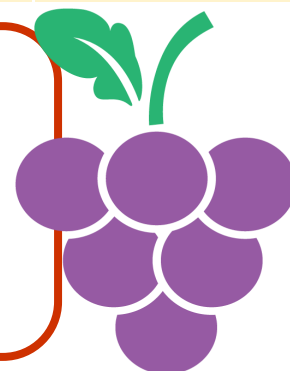
Fruits

Meal	Food Components	Ages 1 - 2	Ages 3 - 5	Ages 6 - 12	Ages 13 - 18
Breakfast	Fruit or Vegetable	¼ cup	½ cup	½ cup	½ cup
Lunch/Supper	Fruit	⅛ cup	¼ cup	¼ cup	¼ cup
Snack	Fruit	½ cup	½ cup	¾ cup	¾ cup

- Fruit can be fresh, frozen, dried, or canned in juice/light syrup
- ¼ cup dried fruit = ½ cup fruit serving
- 100% juice only (limit juice to 1 time per day)

Best Practice:

- Serve a variety of fruits and choose whole fruits
- Make at least one snack component a fruit or vegetable



Meat / Meat Alternate

Meal	Ages 1 - 2	Ages 3 - 5	Ages 6 - 12	Ages 13 - 18
Breakfast	Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.			
Lunch/Supper	1 oz M/MA	1½ oz M/MA	2 oz M/MA	2 oz M/MA
Snack	½ oz M/MA	½ oz M/MA	1 oz M/MA	1 oz M/MA

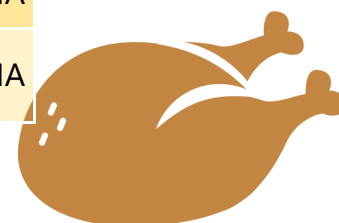
- **Yogurt** must contain no more than 23 grams of total sugars per 6 oz
- **Peanuts, soy nuts, tree nuts, or seeds** may be used to meet no more than 50% of the M/MA requirement at lunch or supper
- **Tofu** must be commercially prepared and be soybean derived with the basic ingredients being whole soybeans, one or more food-grade coagulants, and water AND contain at least 5 grams of protein per 2.2 oz

Best Practice:

- Serve only lean meats, nuts, and legumes
- Limit serving processed meats to no more than one serving per week
- Serve only natural cheeses and choose low-fat or reduced fat cheeses



M/MA Crediting	
Lean meat, poultry, fish	1 oz = 1 oz M/MA
Tofu	2.2 oz = 1 oz M/MA
Cheese	1 oz = 1 oz M/MA
Large egg	½ egg = 1 oz M/MA
Cooked dry beans or split peas	¼ cup = 1 oz M/MA
Peanut butter, soy nut butter, or other nut or seed butters	2 Tbsp = 1 oz M/MA
Yogurt, plain or flavored	½ cup = 1 oz M/MA
Peanuts, soy nuts, tree nuts, or seeds	1 oz = 1 oz M/MA



Grains

	Ages 1 - 2	Ages 3 - 5	Ages 6 - 12	Ages 13 - 18
All meals and snacks	½ oz eq	½ oz eq	1 oz eq	1 oz eq



- Grain products must be made with whole grains or enriched meal and/or enriched flour, or bran or germ
- Grain products served are credited based on ounce equivalents (oz eq)
- At least **1 serving per day**, across all meals and snacks, must be **whole grain-rich**
- Grain-based desserts do not count towards meeting the grains requirement
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce

Best Practice:

- Serve at least two servings of whole grain-rich grains

Whole Grain-Rich

- ◆ At least half of the grains in a food are whole grain

AND

- ◆ The remaining grain ingredients are enriched, bran, or germ

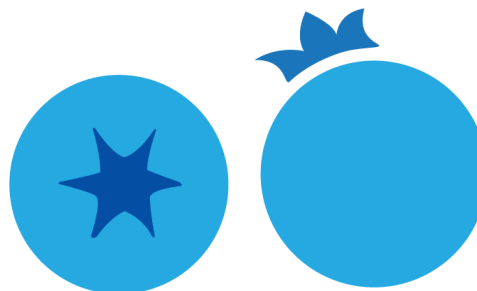
Examples of Whole Grains

Brown Rice	White Whole Wheat Flour
Oatmeal	Whole Wheat Flour
Quinoa	Whole Corn (dried)
Wheat Berries	Wild Rice

Calculation Quick Reference Guide

Yogurt Sugar Limits

Serving size	Sugar Limit
2.25 ounce	9 gms
3.5 ounce	13 grams
4 ounce	15 grams
5.3 ounce	20 grams
6 ounce	23 grams
8 ounce	31 grams



Cereal Sugar Limits

Serving size	Sugar Limit
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams

Tofu Protein Requirements

Serving size	Protein in Grams
2 ounce (57g)	≥5 grams
2.2 ounce (62.37g)	≥5 grams
2.6 ounce (75g)	≥6 grams
3 ounce (85g)	≥7 grams
3.21 ounce (91g)	≥8 grams
4.76 ounce (135g)	≥11 grams

Additional Best Practices

- ◆ Incorporate seasonal and locally produced foods into meals
- ◆ Limit serving purchased pre-fried foods to no more than one serving per week
- ◆ Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings, mix-in ingredients sold with yogurt and sugar-sweetened beverages



Menu Planning Principles

Balance

- ◆ Balance higher fat foods with foods that have less fat
- ◆ Balance higher sodium foods with lower sodium foods

Variety

- ◆ Use a combination of mild and strong flavors
- ◆ Use a variety of shapes and sizes
- ◆ Include variety in day to day menu choices

Contrast

- ◆ Think about the texture of foods as well as taste and appearance
- ◆ Use a variety of textures (soft/crispy/smooth/firm/chewy)
- ◆ Use a combination of sizes and shapes of foods

Color

- ◆ Avoid using too many foods of the same color in the same meal
- ◆ Use colorful foods in combination dishes

Eye Appeal

- ◆ Think about total presentation
- ◆ Plan the way you will place the menu items on the plate

Offer Choices

- ◆ Plan some choices for individual taste preferences



Washington Office of Superintendent of
PUBLIC INSTRUCTION

Child Nutrition



This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).