

## Checklist for Implementing New Meal Pattern

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- Juice is limited to once per day.
- A vegetable and fruit must be served during lunch and supper meals. The fruit component may be substituted for a vegetable at lunch and supper meals; when two vegetables are served, they are two different kinds of vegetables.
- At least one serving of grains per day must be whole grain-rich.
- Breakfast cereals contain no more than 6 grams of sugar per dry ounce.
- No grain-based desserts are included on the menu.
- The appropriate type of milk is served to each age group:
  - Age 1 year: Unflavored whole milk
  - Ages 2-5 years: Unflavored low-fat or fat-free milk
  - Ages 6-18 years and Adult Participants: Unflavored low-fat, unflavored fat-free, or flavored fat-free milk
- Meat/meat alternates may replace the entire grain component at breakfast a maximum of three times per week.
- Yogurt contains no more than 23 grams of sugar per 6 ounces.
- Tofu and soy yogurt may be served as a meat alternate.
- Serving sizes are correct for each age group.
- No food items are deep-fat fried on-site.
- Yogurt may replace milk once per day for adult participants only.

