



Dear MT Family,

As you may know, the USDA food guidelines are frequently revised. We are required to follow these food patterns and we hope that this handout is helpful to you. The foods listed as “non-creditable” can be sent in your child’s lunchbox, however they will not fulfill the requirements of the food groups. So, for an example, if you send a Nutri-grain bar for your child, this will not meet either a grain or fruit requirement. Other items will need to be provided to meet the requirements. As a convenience, we stock ketchup, mustard, and ranch dressing so if your child enjoys these condiments, we are happy to offer them.

AMOUNTS OF FOOD REQUIRED AT LUNCH TIME:

Infants

<i>6 weeks through 5 months</i>	<i>6 through 11 months</i>
Milk 4-6 fluid ounces of breastmilk or formula	6-8 fluid ounces of breastmilk or formula
	And one of the following:
	0-4 Tablespoons of infant cereal, meat, fish, poultry, whole egg, cooked beans or peas
	0-2 ounces of cheese
	0-4 ounces of cottage cheese, yogurt (1/2 cup), or a combination of the above
	And:
	0-2 Tablespoons of vegetables, fruits, or a combination of both

Note:

- Most doctors recommend starting infant cereal and plain, pureed fruits and vegetables at around 6 months of age.
- We will communicate with you if your baby needs more (or less) food sent in. Our goal is for the infants to have their individual needs met and to feel content throughout their day at Maple Tree.

Milk/breastmilk totals for infants during a 24-hour period should minimally be:

- Birth to 3 months – 12 to 18 ounces
- 4-7 months- 12 to 22 ounces *
- 8-11 months – 14 to 20 ounces *

*Plus the required foods as indicated on the chart.

AMOUNTS OF FOOD REQUIRED AT LUNCHTIME:

Children ages 1-5

<i>Food item</i>	<i>Ages 1-2</i>	<i>Ages 3-5</i>
Milk MT provides cow's milk daily	4 ounces	6 ounces
Meat/meat alternative Lean meat, poultry, fish, or cheese	1 ounce	1.5 ounces
Cottage cheese	2 ounces or ¼ cup	3 ounces or 3/8 cup
Large egg	½	¾
Cooked peas, cooked beans, or tofu	¼ cup	3/8 cup
Peanut butter, soy nut butter, or other nut or seed butters	2 Tablespoons	3 Tablespoons
Yogurt	4 ounces or ½ cup	6 ounces or ¾ cup
Peanuts, soy nuts, tree nuts, or seed butters	½ ounce = 50%	¾ ounce = 50%
Vegetables	1/8 cup	¼ cup
Fruits	1/8 cup	¼ cup
Grains Whole grain or enriched bread	½ slice	½ slice
Whole grain or enriched bread product such as biscuit, roll, or muffin	½ serving	½ serving
Whole grain-rich, enriched, or fortified cooked breakfast cereal, cereal grain, or pasta	¼ cup	¼ cup

Note: USDA allows an extra vegetable to be served in place of the fruit requirement.



DAIRY PRODUCTS

Note: We serve cow's milk to the toddlers and preschoolers at lunch time, so the dairy requirement is met daily.

At age 2, we switch children from whole milk to 1% milk, unless we have a written order from a doctor.

<i>Creditable</i>	<i>Non-creditable</i>
Cow's or goat's milk (unflavored, skim, or 1%)	Any type of flavored milk
Soy, almond, pea, and rice milk (these may only be served if there is a medical statement on file which states the disability or medically certified dietary need; the health care provider must specify the type of milk to be used)	Cream soup
Yogurt (maximum 23 grams of sugar per cup)	Pudding



For the following food groups, children need a daily serving sent in their lunch box.

MEAT/MEAT ALTERNATIVES – Send one serving

<i>Creditable</i>	<i>Non-Creditable</i>
Canadian bacon, ham, lunch meat, and fresh meat products such as chicken, turkey, beef, and pork	Alternative protein products such as vegetable patties
Cheese	Bacon and bacon bits
Sausage if all meat	Canned soup
Tofu	Commercially prepared pizza
Lentils	Cream cheese
Eggs	Egg substitutes
Fish and shellfish	Fish caught or home pickled
Beans: Kidney, pinto, black, lima, garbanzo	Green lima beans, string beans (creditable as vegetables)
Peas: Black-eyed, split	Green peas (creditable as a vegetable)
Cottage cheese	Imitation cheese such as Velveeta or any jarred cheese
Hot dogs if all meat	Imitation meats such as crab meat
Hummus	Jerky
Peanuts, nuts, seeds, soy nuts	Nutella
Pizza, pot pies, soups, and casseroles if prepared at home with at least ¼ ounce of meat or meat alternative	Pepperoni, canned meat, salami, snack meat sticks
Yogurt (commercially prepared)	Sausage (Polish, summer, Vienna)

VEGETABLES – Send one serving

<i>Creditable</i>	<i>Non-creditable</i>
Avocado	Hominy
Carrots and other whole, raw vegetables	Tomato-based sauce on canned pasta and commercial pizza
Dried split peas, beans, lentils, baked beans, refried beans, soy beans	Corn chips
Chopped vegetables in homemade casseroles and stews, if the amount is adequate	Home canned vegetables
Leafy vegetables	Pickle relish
Mixed vegetables count as one vegetable	Potato chips
Mushrooms	Raw sprouts
Pizza sauce	Vegetable straws, crisps, or chips
Potatoes	Barbecue or chili sauce
Salsa if all-vegetable	Salsa, commercial with non-vegetable ingredients
Spaghetti sauce	Ketchup, condiments, and seasonings

FRUITS – Send one serving

<i>Creditable</i>	<i>Non-creditable</i>
Cranberry sauce made with whole cranberries	Apple butter
Dried fruits	Banana chips
Fruit cocktail, credits as 1 serving of fruit	Coconut
Fruit in dessert pies, crisps, cobblers, gelatin, or pudding if the portion size is at least 2 T	Fruit in cookies, breads, muffins, grain bars, and yogurt
100% juice	Fruit snacks, leathers, roll-ups (These typically do not have proper fruit content and are considered a choking hazard)
All whole fruits such as bananas, apples, etc.	Home canned fruit
Smoothies and purees if they consist of 100% fruit	Jello and lemon pie filling



Note: USDA allows an extra vegetable to be served in place of the fruit requirement. If you choose to send in two vegetables, they must be two different varieties.

GRAINS – Send one serving

<i>Creditable</i>	<i>Non-creditable</i>
Animal crackers	Bread pudding
Bagel	Cake and cupcakes
Biscuits	Cereal bars
Bread sticks	Crisp and cobbler crusts
Cereal, dry or cooked	Coffee cake
Chips that are grain-based, enriched or whole grain	Brownies
Chow Mein noodles	Doughnuts
Corn bread and corn muffins	Fig bars
Corn tortillas	Gingerbread
Couscous	Hominy
Crackers, savory	Jiffy brand mixes
Croissants	Popcorn
Croutons	Pop Tarts and other toaster pastries
Dumplings	Potatoes, potato pancakes (credit as vegetable)
Egg roll skins, won ton wrappers	Potato chips, potato sticks
Grains such as barley, millet, oats, rice, wheat	Rice pudding
Graham crackers	Sweet rolls and scones
Grits and hush puppies-whole grain or enriched	Vanilla wafers
Macaroni, noodles, spaghetti and other pasta shapes	Cookies
Muffins, popovers, and quick breads	Bars
Pie and pizza crust	Sweet buns
Pita bread	Pastries
Pretzels	Carmel corn
Waffles	Pie crust
Taco or tortilla shells	Tapioca
Rice cakes	Cream puff shells
Quinoa	Cinnamon roll





RESTRICTED FOODS

We are not allowed to serve the following foods to children under age 4, as they are considered choking hazards:

- Nuts and seeds
- Hard or sticky candy
- Popcorn and pretzels
- Chunks of peanut butter
- Fruit snacks
- Chunks of uncooked, raw vegetables (including carrots and raw peas)
- Raisins or dried fruits
- Marshmallows
- Potato chips and corn chips
- Fish with bones

Additionally, infants should not have:

- Whole corn kernels
- Hard, raw fruits
- Granola bars and granola cookies

We can serve these foods only if they are diced to eliminate the possibility of choking:

- Hot dogs
- Meat/cheese
- Grapes
- Meatballs



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Whole grain or enriched bread product such as biscuit, roll, or muffin	½ serving	½ serving
Whole grain-rich, enriched, or fortified cooked breakfast cereal, cereal grain, or pasta	¼ cup	¼ cup



Thank you and let us know if you have any questions.

Jennie, Veronica, and the Maple Tree Teachers

