

# Meat/Meat Alternates at Breakfast

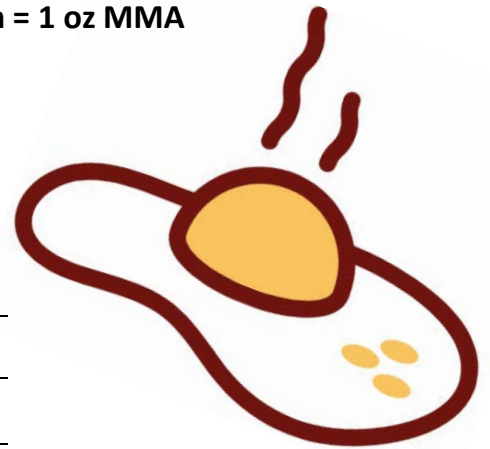
Meat/Meat Alternate products may be served in place of a Grain at breakfast up to three times per week. The required minimum portion size for Meat/Meat Alternates is the same for Grains in each age group.

**1-5 year olds: 1/2 slice of bread = 1/2 oz equivalent grain = 0.5 oz MMA**

**6-12 year olds: 1 slice of bread = 1 oz equivalent grain = 1 oz MMA**

## Meat/Meat Alternate Options at Breakfast

| <i>Food</i>                               | <i>Portion Size (1-5 Year Olds)</i> |
|---|-------------------------------------|
| Cheese                                    | ½ ounce                             |
| Cottage Cheese                            | ¼ cup                               |
| Peanut/Nut Butter                         | 1 Tbsp.                             |
| Beans                                     | 1/8 cup                             |
| Meat, Fish, or Poultry                    | ½ ounce                             |
| Egg                                       | ½                                   |
| Yogurt (no more than 23 g sugar per 6 oz) | ¼ cup                               |



This institution is an equal opportunity provider.