

## 2024-2025 EEC MEAL PATTERN

EEC BREAKFAST	
COMPONENT	DAILY REQUIREMENT
GRAIN, OZ. EQV. <b>OR</b> GRAIN & MEAT/MEAT ALT, OZ. EQV.	1
FRUIT, CUP	1/2
MILK	6 FL OZ

EEC LUNCH	
COMPONENT	DAILY REQUIREMENT
GRAIN, OZ. EQV.	1
MEAT/MEAT ALT, OZ. EQV.	2
FRUIT, CUP	1/2
VEGETABLE, CUP	1/2
MILK	6 FL OZ

FRUIT & VEGETABLE JUICE	EEC
VEGETABLE JUICE	May serve juice once per day. If juice is served for breakfast, it cannot be served at lunch or snack.
FRUIT JUICE	

EEC MILK GUIDELINES (BREAKFAST, LUNCH & SNACK)	
AGE	MILK TYPES ALLOWED
1 year until 2 <sup>nd</sup> birthday	Whole milk unflavored
2 years and older	<ul style="list-style-type: none"> <li>• 1% unflavored</li> <li>• fat free unflavored</li> <li>• lactose free unflavored</li> </ul>

## 2024-2025 EEC MEAL PATTERN (CONTINUED)

EEC SNACK	
OFFER 2 OF THE 5 COMPONENTS	DAILY REQUIREMENT
GRAIN, OZ. EQV.	1
MEAT/MEAT ALT, OZ. EQV.	1
FRUIT, CUP	1/2
VEGETABLE, CUP	1/2
MILK	6 FL OZ

EEC MEAL SERVICE GUIDELINES
<ul style="list-style-type: none"> <li>• All menu items will be placed at each table based on the number of students that are seated at the table.</li> <li>• Once the meal is served the FSW must record the table count on the daily meal record.</li> <li>• Menu items cannot be left at the table at the time of service for late arriving students or students in the restroom</li> </ul>