

(i) Operate school lunch programs under the National School Lunch Act;
 (ii) Sponsor afterschool care programs as defined in § 210.2; and
 (iii) Were participating in the Child and Adult Care Food Program as of May 15, 1989.

(2) Meal supplements shall contain two different components from the following four:

(i) A serving of fluid milk as a beverage, or on cereal, or used in part for each purpose;

(ii) A serving of meat or meat alternate. Nuts and seeds and their butters listed in program guidance are nutritionally comparable to meat or other meat alternates based on available nutritional data. Acorns, chestnuts, and coconuts are excluded and shall not be used as meat alternates due to their low protein content. Nut or seed meals or flours shall not be used as a meat

alternate except as defined under appendix A: Alternate Foods for Meals of this part;

(iii) A serving of vegetable(s) or fruit(s) or full-strength vegetable or fruit juice, or an equivalent quantity of any combination of these foods. Juice may not be served when milk is served as the only other component;

(iv) A serving of whole-grain or enriched bread; or an equivalent serving of cornbread, biscuits, rolls, muffins, etc., made with whole-grain or enriched meal or flour; or a serving of cooked whole-grain or enriched pasta or noodle products such as macaroni, or cereal grains such as rice, bulgur, or corn grits; or an equivalent quantity of any combination of these foods.

(3) Infant supplements shall contain the following:

(i) Birth through 3 months: 4–6 fluid ounces of infant formula.

(ii) 4 through 7 months: 4–6 fluid ounces of infant formula.

(iii) 8 through 11 months: 2–4 fluid ounces of infant formula or whole fluid milk or full strength fruit juice; 0– $\frac{1}{2}$ slice of crusty bread or 0–2 cracker type products made from whole-grain or enriched meal or flour that are suitable for an infant for use as a finger food when appropriate. To improve the nutrition of participating children over one year of age, additional foods may be served with the meal supplements as desired.

(iv) The minimum amounts of food components to be served as meal supplements as set forth in paragraph (n)(3) of this section are as follows. Select two different components from the four listed. (Juice may not be served when milk is served as the only other component.)

MEAL SUPPLEMENT CHART FOR CHILDREN

Snack (supplement) for children	Children 1 and 2	Children 3 through 5	Children 6 through 12
(Select two different components from the four listed)			
Milk, fluid	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup.
Meat or meat alternate ⁴	$\frac{1}{2}$ ounce	$\frac{1}{2}$ ounce	1 ounce.
Juice or fruit or vegetable	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup.
Bread and/or cereal: Enriched or whole grain bread or	$\frac{1}{2}$ slice	$\frac{1}{2}$ slice	1 slice.
Cereal: Cold dry or	$\frac{1}{4}$ cup ¹	$\frac{1}{3}$ cup ²	$\frac{3}{4}$ cup ³ .
Hot cooked	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup.

¹ $\frac{1}{4}$ cup (volume) or $\frac{1}{3}$ ounce (weight), whichever is less.

² $\frac{1}{3}$ cup (volume) or $\frac{1}{2}$ ounce (weight), whichever is less.

³ $\frac{3}{4}$ cup (volume) or 1 ounce (weight), whichever is less.

⁴ Yogurt may be used as meat/meat alternate in the snack only. You may serve 4 ounces (weight) or $\frac{1}{2}$ cup (volume) of plain, or sweetened and flavored yogurt to fulfill the equivalent of 1 ounce of the meat/meat alternate component. For younger children, 2 ounces (weight) or $\frac{1}{4}$ cup (volume) may fulfill the equivalent of $\frac{1}{2}$ ounce of the meat/meat alternate requirement.

Caution: Children under five years of age are at the highest risk of choking. USDA recommends that nuts and/or seeds be served to them ground or finely chopped in a prepared food.

SUPPLEMENTS FOR INFANTS

Birth through three months	Four months through seven months	Eight months through eleven months
4–6 fluid ounces formula ¹	4–6 fluid ounces formula ¹	2–4 fluid ounces formula, ¹ breast milk, ⁴ whole milk or fruit juice. ² 0– $\frac{1}{2}$ slice bread or 0–2 crackers (optional). ³

¹ Shall be iron-fortified infant formula.

² Shall be full-strength fruit juice.

³ Shall be from whole-grain or enriched meal or flour.

⁴ Breast milk provided by the infant's mother may be served in place of formula from birth through 11 months. Meals containing only breast milk are not reimbursable. Meals containing breast milk served to infants 4 months or older may be claimed when the other meal component(s) is supplied by the school.

(o) *Implementation of the nutrition standards.* School food authorities shall comply with the *1990 Dietary Guidelines for Americans* as provided in paragraph (b) of this section no later than School Year 1996–97 except that State agencies may grant waivers to postpone implementation until no later than School Year 1998–99. Such waivers shall be granted by the State agency using guidance provided by the Secretary.

9. In the newly redesignated § 210.10a:

a. the section heading is revised and

b. the table in paragraph (c) is amended by revising the “Milk” description under “Food Components and Food Items.”

The revisions read as follows:

§ 210.10a Lunch components and quantities for the meal pattern.

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(c) *Minimum required lunch quantities.* * * *