

## PRESCHOOL MEAL PATTERNS

<b>Breakfast</b>		
(Select all three components for a reimbursable meal)		
Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5 <sup>2</sup>
(Minimum Per Day)		
<b>Fluid Milk<sup>3</sup></b>	(4 fluid ounces)	(6 fluid ounces)
<b>Vegetables, fruits, or portions of both<sup>4</sup></b>	(¼ cup)	(½ cup)
<b>Grains (oz eq)<sup>5,6</sup></b>	(.5 ounce equivalent)	(.5 ounce equivalent)
Whole grain-rich or enriched bread	14 grams or .5 ounces	14 grams or .5 ounces
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	14 grams or .5 ounces	14 grams or .5 ounces
Whole grain-rich, enriched or fortified cooked breakfast Cereal <sup>7</sup> , cereal grain, and/or pasta	¼ cup or .5 ounce dry	¼ cup or .5 ounce dry
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>7,8</sup>		
Flakes or rounds	½ cup or .5 ounces	½ cup or .5 ounces
Puffed cereal	¾ cup or .5 ounces	¾ cup or .5 ounces
Granola	⅓ cup or .5 ounces	⅓ cup or .5 ounces

<sup>1</sup> Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

<sup>2</sup> Refers to 5- year-olds attending preschool. 5-year-old Kindergarten students should be served portion sizes for the K-12 meal pattern grade group for breakfast.

<sup>3</sup> Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children age two through five years old.

<sup>4</sup> Pasteurized 100% juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>5</sup> At least one serving per day, across all meals and/or snacks, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

<sup>6</sup> Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times per week. One ounce equivalent of meat and meat alternates is equal to one ounce equivalent of grains.

<sup>7</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

<sup>8</sup> Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2 and ⅓ cup for children ages 3-5.

## PRESCHOOL MEAL PATTERNS

<b>Lunch</b>		
(Select all five components for a reimbursable meal)		
Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5
(Minimum Per Day)		
<b>Fluid Milk<sup>2</sup></b>	(4 fluid ounces)	(6 fluid ounces)
<b>Meat/meat alternates</b>	(1 ounce equivalent)	(1 ½ ounce equivalent)
Lean meat, poultry, or fish	1 ounce	1 ½ ounce
Tofu, soy product, or alternate protein products <sup>3</sup>	1 ounce	1 ½ ounce
Cheese	1 ounce	1 ½ ounce
Large egg	½	¾
Cooked dry beans or peas	¼ cup	⅜ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp
Yogurt, plain or flavored unsweetened or sweetened <sup>4</sup>	4 ounces or ½ cup	6 ounces or ¾ cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	0.5 ounce = 50%	0.75 ounce = 50%
<b>Vegetables<sup>5</sup></b>	(⅓ cup)	(¼ cup)
<b>Fruits<sup>5,6</sup></b>	(⅓ cup)	(¼ cup)
<b>Grains (oz eq)<sup>7</sup></b>	(.5 ounce equivalent)	(.5 ounce equivalent)
Whole grain-rich or enriched bread	14 grams or .5 ounces	14 grams or .5 ounces
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	14 grams or .5 ounces	14 grams or .5 ounces
Whole grain-rich, enriched or fortified cooked breakfast Cereal <sup>8</sup> , cereal grain, and/or pasta	¼ cup or .5 ounces	¼ cup or .5 ounces

<sup>1</sup> Must serve all five components for a reimbursable meal.

<sup>2</sup> Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children age two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

<sup>3</sup> Alternate protein products must meet the requirements in Appendix A to Part 226.

<sup>4</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>5</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>6</sup> A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch, two different kinds of vegetables must be served.

<sup>7</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

<sup>8</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

<sup>9</sup> Refers to 5- year-olds attending preschool. 5-year-old Kindergarten students should be served portion sizes for the K-5 meal pattern grade group for lunch.