



PRESCHOOL MEAL PATTERN

Breakfast		
(Select all three components for a reimbursable meal)		
Food Components and Food Items ¹	Ages 1-2	Ages 3-5
(Minimum Per Day)		
Fluid Milk³	(4 fluid ounces)	(6 fluid ounces)
Vegetables, fruits, or portions of both⁴	(¼ cup)	(½ cup)
Grains (oz eq)^{5,6}	(.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 ⁷ , 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) ^{7,8}		
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	⅝ cup or .5 ounces	⅝ cup or .5 ounces

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

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

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

⁴ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁵ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

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

⁷ 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).

⁸ 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 PATTERN

Lunch		
(Select all five components for a reimbursable meal)		
Food Components and Food Items ¹	Ages 1-2	Ages 3-5
(Minimum Per Day)		
Fluid Milk²	(4 fluid ounces)	(6 fluid ounces)
Meat/meat alternates	(1 ounce equivalent)	(1 ½ ounce equivalent)
Lean meat, poultry, or fish	1 ounce	1 ½ ounce
Tofu, soy product, or alternate protein products ³	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 ⁴	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)	½ ounce = 50%	¾ ounce = 50%
Vegetables⁵	(⅓ cup)	(¼ cup)
Fruits^{5,6}	(⅓ cup)	(¼ cup)
Grains (oz eq)⁷	(.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 ⁸ , cereal grain, and/or pasta	¼ cup or .5 ounces	¼ cup or .5 ounces

¹ Must serve all five components for a reimbursable meal.

² Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children 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.

³ Alternate protein products must meet the requirements in Appendix A to Part 226.

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

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

⁶ 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.

⁷ 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.

⁸ 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).

PRESCHOOL MEAL PATTERN

Snack		
(Select two of the five components for a reimbursable snack)		
Food Components and Food Items¹	Ages 1-2	Ages 3-5
	(Minimum Per Day)	
Fluid Milk²	(4 fluid ounces)	(4 fluid ounces)
Meat/meat alternates	(.5 ounce equivalent)	(.5 ounce equivalent)
Lean meat, poultry, or fish	½ ounce	½ ounce
Tofu, soy product, or alternate protein products ³	½ ounce	½ ounce
Cheese	½ ounce	½ ounce
Large egg	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁴	2 ounces or ¼ cup	2 ounces or ¼ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce
Vegetables⁵	(½ cup)	(½ cup)
Fruits⁵	(½ cup)	(½ cup)
Grains (oz eq)^{6,7}	(.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 ⁷ , cereal grain, and/or pasta	¼ cup or .5 ounces	¼ cup or .5 ounces
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{7,8}		
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	⅛ cup or .5 ounces	⅛ cup or .5 ounces

¹ Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

² Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old.

³ Alternate protein products must meet the requirements in Appendix A to Part 226.

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

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

⁶At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁷Breakfast 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).

⁸Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is $\frac{1}{4}$ cup for children ages 1-2 and $\frac{1}{3}$ cup for children ages 3-5