

Updated Meal Pattern Requirements Checklist for Preschool Children

- Juice is limited to once per day.
- A vegetable and fruit must be served during lunch. The fruit component may be substituted for a vegetable at lunch; when two vegetables are served, they are two different kinds of vegetables
- At least one serving of grains per day must be whole grain-rich.
- Meat/meat alternates may replace the entire grains component at breakfast a maximum of three times per week.
- The appropriate type of milk is listed for each age group:
 - Ages 2–5 years: Unflavored low-fat or fat-free milk.
- No food items are deep-fat fried on-site.
- Breakfast cereals contain no more than 6 grams of sugar per dry ounce.
- Yogurt contains no more than 23 grams of sugar per 6 ounces.
- Tofu and soy yogurt may be served as a meat alternate.
- No grain-based desserts (homemade or commercial) are included on the menu.
 - Cookies,
 - Sweet pie crusts (dessert pies, cobbler, and fruit turnovers),
 - Doughnuts,
 - Cereal bars,
 - Breakfast bars,
 - Granola bars,
 - Sweet rolls,
 - Toaster pastries (frosted or unfrosted),
 - Cake,
 - Coffee cake,
 - Brownies,
 - Sweet scones,
 - Sweet bread puddings (e.g. made with chocolate chips), and

- Rice puddings.
- Serving sizes are correct for the age group.