

Pre-Kindergarten/Early Childhood Education CHILD MEAL PATTERN in Schools

A single menu flexibility is allowed when preschoolers and K-5 students are in the same service area at the same time. This will help reduce administrative burden and ensure integrity of the Child Nutrition Programs. Schools that serve meals to preschoolers and K-5 students in the same service area at the same time may choose to follow the grade-appropriate meals patterns for each grade group, or serve the K-5 meal pattern under parts 7 CFR 210.10 and 220.8 to both grade groups. Per US Department of Agriculture Food and Nutrition Services memo SP 37-2017 *Flexibility for Co-Mingled Preschool Meals: Questions and Answers*.

Breakfast

(Select all three components for a reimbursable meal)		
Food Components and Food Items ¹	Ages 1-2	Ages 3-5
Fluid Milk ³	4 fluid ounces	6 fluid ounces
Vegetables, fruits, or portions of both ⁴	¼ cup	½ cup
Grains (oz eq) ^{5,6,7}		
Whole grain-rich or enriched bread	½ slice	½ slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	¼ cup	¼ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}		
Flakes or rounds	½ cup	½ cup
Puffed cereal	¾ cup	¾ cup
Granola	⅓ cup	⅓ cup

¹ Must serve all three components for a reimbursable meal.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 %) 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 Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

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).

⁹ Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. 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; 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-12.

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Lunch and Supper		
(Select all five components for a reimbursable meal)		
Food Components and Food Items ¹	Ages 1-2	Ages 3-5
Fluid Milk³	4 fluid ounces	6 fluid ounces
Meat/meat alternates		
Lean meat, poultry, or fish	1 ounce	1 ½ ounce
Tofu, soy product, or alternate protein products ⁴	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 ⁵	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%
Vegetables⁶	⅛ cup	¼ cup
Fruits^{6,7}	⅛ cup	¼ cup
Grains (oz eq)^{8,9}		
Whole grain-rich or enriched bread	½ slice	½ slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup

¹ Must serve all five components for a reimbursable meal.

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

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁸ 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.

⁹ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

¹⁰ 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).