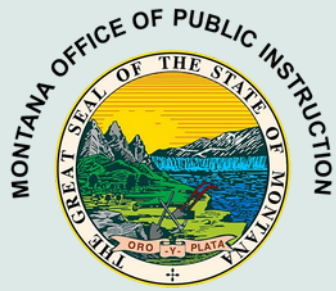


Pre-K Breakfast Meal Pattern

Find More Information at USDA Serving School Meals to Preschoolers:
<https://fns-prod.azureedge.us/sites/default/files/resource-files/tn-Srvng-SchlMealsPreK.pdf>



Component	Ages 1-2	Ages 3-5	Notes
Milk	4 fl oz (1/2 cup)	6 fl oz (3/4 cup)	Age 1: Unflavored whole milk only Ages 2-5: Unflavored low fat (1%) or fat free (skim) milk only Not required to offer different options of milk.
Fruit and/or*	¼ cup*	½ cup*	<ul style="list-style-type: none">• May serve 100% juice once a day.• *May serve fruit, vegetable, or a combination of both.
Vegetables	¼ cup*	½ cup*	<ul style="list-style-type: none">• May serve 100% juice once a day.• *May serve fruit, vegetable, or a combination of both.
Grains	½ oz eq	½ oz eq	<ul style="list-style-type: none">• At least one of the grains offered per day must be Whole Grain Rich.• May not credit Grain Based Desserts as Grain component.<ul style="list-style-type: none">◦ Sweet crackers (like graham and animal) may credit as Grain component.
Meat/ Meat Alternate	½ oz eq*	½ oz eq*	<ul style="list-style-type: none">• When substituting M/MA, it must substitute for the entire grain component.• *M/MA may be served in place of entire grain component up to 3x per week.<ul style="list-style-type: none">◦ Minimum serving is ½ oz eq.

Nutritional Limits

Sugar:
Cereal: 6 (g) or less per dry oz
Yogurt: 12 (g) or less per 6 oz

Fat:
No deep fat frying on site (including central kitchens)

Sodium:
No current limits on sodium

Service Style

Family Style Meal Service:

- Student must select at least ¼ cup of vegetables, fruit, or both if offered.
- If students are co mingled and being offered K-5 meal pattern, each component must be offered to each student.
- Minimum serving size of each item must be offered over the course of the meal.

Offer vs. Serve:

- Only allowed when preschool students are co-mingled with older children *and* may follow K-5 meal pattern.

Pre-K Lunch Meal Pattern

Find More Information at USDA Serving School Meals to Preschoolers:
<https://fns-prod.azureedge.us/sites/default/files/resource-files/tn-Srvng-SchlMealsPreK.pdf>



Component	Ages 1-2	Ages 3-5	Notes
Milk	4 fl oz (1/2 cup)	6 fl oz (3/4 cup)	Note: oz= ounces, oz eq= ounce equivalents, fl oz = fluid ounces Age 1: Unflavored whole milk only Ages 2-5: Unflavored low fat (1%) or fat free (skim) milk only Not required to offer different options of milk.
Fruit	1/8 cup	1/4 cup	<ul style="list-style-type: none">May serve 100% juice once a day. If served at breakfast, cannot be served at lunch.A second, different vegetable may be served in place of fruit.
Vegetables	1/8 cup	1/4 cup	<ul style="list-style-type: none">May serve 100% juice once a day. If served at breakfast, cannot be served at lunch.A second, different vegetable may be served in place of fruit.
Grains	1/2 oz eq	1/2 oz eq	<ul style="list-style-type: none">At least one of the grains offered per day must be Whole Grain Rich.May not credit Grain Based Desserts as Grain component.<ul style="list-style-type: none">Sweet crackers (like graham and animal) may credit as Grain component.
Meat/ Meat Alternate	1 oz eq	1 1/2 oz eq	

Nutritional Limits

Sugar:
Cereal: 6 (g) or less per dry oz
Yogurt: 12 (g) or less per 6 oz

Fat:
No deep fat frying on site (including central kitchens)

Sodium:
No current limits on sodium

Service Style

Family Style Meal Service:

- Student must select at least 1/4 cup of vegetables, fruit, or both if offered.
- If students are co mingled and being offered K-5 meal pattern, each component must be offered to each student.
- Minimum serving size of each item must be offered over the course of the meal.

Offer vs. Serve:

- Only allowed when preschool students are co-mingled with older children *and* may follow K-5 meal pattern.