

**Traditional Food Based Meal Pattern for Preschool  
School Breakfast Program (SBP)**

<b>Breakfast Minimum Quantities for Traditional Food Based Meal Pattern</b>		
<i>Meal Component</i>	Minimum quantities required for	
	Ages 1-2	Ages 3, 4, and 5
<b>Milk (Fluid)</b> (As a beverage, on cereal or both)	4 fl. oz. or 1/2 cup	6 fl. oz. or 3/4 cup
<b>Juice/Fruit/Vegetable</b> Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup
<b>Select one serving from each of the following components or two from one component:</b>		
<b>Grains/Breads</b> One of the following or an equivalent combination:  Whole grain or enriched bread  Whole grain or enriched biscuit/roll, muffin, etc.  Whole grain, enriched or fortified cereal	  1/2 slice  1/2 serving  1/4 cup or 1/3 oz.	  1/2 slice  1/2 serving  1/3 cup or 1/2 oz.
<b>Meat or Meat Alternates:</b> Meat/poultry or fish Cheese Egg (large) Peanut butter or other nut or seed butters Cooked dry beans and peas Yogurt, plain or flavored, unsweetened or sweetened Nut and/or seeds (as listed in program guidance) <sup>1</sup>	 1/2 oz. 1/2 oz. 1/2 1 Tablespoon 2 Tablespoons 2 oz. or 1/4 cup 1/2 oz.	 1/2 oz. 1/2 oz. 1/2 1 Tablespoon 2 Tablespoons 2 oz. or 1/4 cup 1/2 oz.

<sup>1</sup> No more than 1 oz. of nuts and/or seeds may be served in any one meal.

**Minimum Requirements for Nutrients and Calorie Levels for School Breakfast**

Nutrients and Energy Allowances	Preschool	Grades K-12
Energy Allowance (calories)	388	554
Total Fat	<sup>1</sup>	<sup>1</sup>
Saturated Fat	<sup>2</sup>	<sup>2</sup>
Protein (g) <sup>3</sup>	5	10
Calcium (mg)	200	257
Iron	2.5	3.0
Vitamin A (RE)	113	197
Vitamin C (mg)	11	13
Cholesterol (mg) <sup>3</sup>	75	75
Fiber (g) <sup>3</sup>	2	4
Sodium (mg) <sup>3</sup>	1000	1000

<sup>1</sup>Total fat not to exceed 30 percent of calories over a school week.

<sup>2</sup>Saturated fat to be less than 10 percent of calories over a school week.

<sup>3</sup>State Guidance.

Similar to the dietary specifications in the HHFKA Meal Pattern, these are the nutrition requirements for the Traditional Food Based Meal Pattern.

**Traditional Food Based Meal Pattern for Preschool  
National School Lunch Program (NSLP)**

<b>Lunch Minimum Quantities for Traditional Food Based Meal Pattern</b>		
<b>Meal Component</b>	<b>Minimum Quantities</b>	
	<b>Group I, Age 1-2, (preschool)</b>	<b>Group II, Age 3-4, (preschool)</b>
<b>Milk (as a beverage)</b>	6 fl. oz.	6 fl. oz.
<b>Meat or Meat Alternate</b> (quantity of the edible portion as served)		
Lean meat, poultry or fish	1 oz.	1 1/2 oz.
Cheese	1 oz.	1 1/2 oz.
Large egg	1/2	3/4
Cooked dry beans or peas	1/4 cup	3/8 cup
Peanut butter or other nut or seed butters	2 Tablespoons	3 Tablespoons
Yogurt, plain or flavored, unsweetened or sweetened	4 oz. or 1/2 cup	6 oz. or 3/4 cup
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above:  Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry or fish).	1/2 oz. = 50%	3/4 oz. = 50%
<b>Vegetables/Fruits</b> (2 or more servings of vegetables or fruits or both)	1/2 cup	1/2 cup
<b>Grains/Breads</b> Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products or cereal grains.	5 servings per week <sup>1</sup>  Minimum of 1/2 per day	8 servings per week <sup>1</sup>  Minimum of 1 per day

**Minimum Requirements for Nutrients and Calorie Levels for School Lunch**

Similar to the dietary specifications in the HHFKA Meal Pattern, these are the nutrition requirements for the Traditional Food Based Meal Pattern.

Nutrients and Energy Allowances	Preschool	Grades K-3
Energy Allowance (calories)	517	633
Total Fat	1	1
Saturated Fat	2	2
Protein (g) <sup>3</sup>	7	9
Calcium (mg)	267	267
Iron	3.3	3.3
Vitamin A (RE)	150	200
Vitamin C (mg)	14	15
Cholesterol (mg) <sup>3</sup>	100	100
Fiber (g) <sup>3</sup>	3	4
Sodium (mg) <sup>3</sup>	1350	1350

<sup>1</sup>Total fat not to exceed 30 percent of calories over a school week.

<sup>2</sup>Saturated fat to be less than 10 percent of calories over a school week.

<sup>3</sup>State Guidance.