

**Pre-Kindergarten National School Breakfast and Lunch Program
Traditional Food Based Meal Pattern**

Breakfast Minimum Quantities for Traditional Food Based Meal Pattern		
<i>Meal Component</i>	Minimum quantities required for	
	Ages 1-2	Ages 3, 4, and 5
Milk (Fluid) (As a beverage, on cereal or both)	4 fl. oz. or 1/2 cup	6 fl. oz. or 3/4 cup
Juice/Fruit/Vegetable Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup
Select one serving from each of the following components or two from one component:		
Grains/Breads 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.
Meat or Meat Alternates: 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) ¹	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.

¹ 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	¹	¹
Saturated Fat	²	²
Protein (g) ³	5	10
Calcium (mg)	200	257
Iron	2.5	3.0
Vitamin A (RE)	113	197
Vitamin C (mg)	11	13
Cholesterol (mg) ³	75	75
Fiber (g) ³	2	4
Sodium (mg) ³	1000	1000

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

¹Total fat not to exceed 30 percent of calories over a school week.

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

³State Guidance.

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Lunch Minimum Quantities for Traditional Food Based Meal Pattern		
Meal Component	Minimum Quantities	
	Group I, Age 1-2, (preschool)	Group II, Age 3-4, (preschool)
Milk (as a beverage)	6 fl. oz.	6 fl. oz.
Meat or Meat Alternate (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, soynuts, 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%
Vegetables/Fruits (2 or more servings of vegetables or fruits or both)	1/2 cup	1/2 cup
Grains/Breads 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 ¹ Minimum of 1/2 per day	8 servings per week ¹ Minimum of 1 per day

Minimum Requirements for Nutrients and Calorie Levels for School Lunch

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

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