

# Preschool Meal Pattern

## Breakfast

(Select *all* three components for a reimbursable meal)

Food Components and Food Items	Ages 1-2	Ages 3-5
<b>Fluid Milk</b> <i>Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children 2-5 years old.</i>	4 fluid ounces	6 fluid ounces
<b>Vegetables, fruits, or portions of both</b>	¼ cup	½ cup
<b>Grains (oz eq)</b> <i>Meat/meat alternates may be used to meet the entire grains component a maximum of 3x per week. 1 oz eq. meat/meat alternate is equal to 1 oz eq. grain.</i>		
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, cereal grain, and/or pasta	¼ cup	¼ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)		
Flakes or rounds	½ cup	½ cup
Puffed cereal	¾ cup	¾ cup
Granola	⅓ cup	⅓ cup

**These portion sizes are only minimums and may be exceeded, when appropriate.**

**Lunch**  
(Select *all* five components for a reimbursable meal)

Food Components and Food Items	Ages 1-2	Ages 3-5
<b>Fluid Milk</b> <i>Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children 2-5 years old.</i>	4 fluid ounces	6 fluid ounces
<b>Meat/meat alternates</b>		
Lean meat, poultry, or fish	1 ounce	1 ½ ounces
Tofu, soy product, or alternate protein products	1 ounce	1 ½ ounces
Cheese	1 ounce	1 ½ ounces
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	4 ounces or ½ cup	6 ounces or ¾ cup
The following may be used to meet no more than 50% of the requirement: <i>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)</i>	½ ounce = 50%	¾ ounce = 50%
<b>Vegetables</b> <i>A vegetable may be used to replace the entire fruit requirement. When two vegetables are served at lunch, two different kinds of vegetables must be served.</i>	⅛ cup	¼ cup
<b>Fruits</b>	⅛ cup	¼ cup
<b>Grains (oz eq.)</b>		
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, cereal grain, and/or pasta	¼ cup	¼ cup

**These portion sizes are only minimums and may be exceeded, when appropriate.**

## Snack

(Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.)

Food Components and Food Items	Ages 1-2	Ages 3-5
<b>Fluid milk</b> <i>Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children 2-5 years old.</i>	4 fluid ounces	4 fluid ounces
<b>Meat/meat alternates</b>		
Lean meat, poultry, or fish	½ ounce	½ ounce
Tofu, soy product, or alternate protein products	½ ounce	½ ounce
Cheese	½ ounce	½ ounce
Large egg	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp.	1 Tbsp.
Yogurt, plain or flavored unsweetened or sweetened	2 ounces or ¼ cup	2 ounces or ¼ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce
<b>Vegetables</b>	½ cup	½ cup
<b>Fruits</b>	½ cup	½ cup
<b>Grains (oz eq.)</b>		
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, cereal grain, and/or pasta	¼ cup	¼ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)		
Flakes or rounds	½ cup	½ cup
Puffed cereal	¾ cup	¾ cup
Granola	⅛ cup	⅛ cup

These portion sizes are only minimums and may be exceeded, when appropriate.