

PRESCHOOL TRADITIONAL FOOD-BASED MEAL PATTERN

School Breakfast Program (SBP)

The Healthy, Hunger-Free Kids Act of 2010 requires the U.S. Department of Agriculture (USDA) to develop new meal patterns for the Child and Adult Care Food Program (CACFP). The current meal pattern for preschoolers in the NSLP remains in effect until the USDA revises the CACFP meal patterns.

Food Components	Minimum Quantities ¹	
	Ages 1-2	Ages 3-4
Fluid Milk ²	4 fluid ounces (½ cup)	6 fluid ounces (¾ cup)
Vegetables and Fruits ³ Fruit and/or vegetable or full-strength fruit juice or vegetable juice	¼ cup	½ cup
Select one serving from the grains/breads and meat/meat alternate components, two from one component or an equivalent combination ⁴		
Grains and Breads ⁵ Whole-grain or enriched bread Whole-grain or enriched biscuit, roll, muffin or other breads Whole-grain, enriched or fortified cereal ⁶	½ serving per day ⁵ ½ serving per day ⁵ ¼ cup ⁵ or ½ ounce ⁵	½ serving per day ⁵ ½ serving per day ⁵ ¼ cup ⁵ or ½ ounce ⁵
Meat and Meat Alternate Lean meat/poultry or fish ⁷ Alternate Protein Products ⁸ Cheese Egg (large) Peanut butter or other nut or seed butters Cooked dry beans and peas Peanuts, tree nuts, soy nuts and seeds ⁹ Yogurt, plain or flavored, unsweetened or sweetened	½ ounce ½ ounce ½ ounce ½ egg 1 Tablespoon 2 Tablespoons ½ ounce 2 ounces or ¼ cup	½ ounce ½ ounce ½ ounce ½ egg 1 Tablespoon 2 Tablespoons ½ ounce 2 ounces or ¼ cup
<p>¹ The meal pattern shows the minimum amounts of each component that must be made available to each child to claim reimbursement for the meal. Children may be served larger portions but not less than the minimum quantities specified. Use the USDA Food Buying Guide to determine the amount of purchased food that meets the minimum requirement. For processed foods, review Child Nutrition (CN) labels or product formulation statements.</p> <p>² For children ages 3 years and older, schools must offer at least two different varieties (fat content and/or flavor) or unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole milk must be served to children younger than 2.</p> <p>³ Serve a fruit or vegetable, combination of fruit and vegetable or pasteurized 100 percent full-strength fruit juice or vegetable juice. A minimum of ¼ cup of fruit or vegetable must be served to count toward the total requirement.</p> <p>⁴ Serve one of the following four options: 1) one serving of grain/bread and one serving of meat/meat alternate; 2) two servings of grains/breads; 3) two servings of meat/meat alternates; or 4) an equivalent combination that totals two servings, such as 1 ½ servings of grains/breads and ½ serving of meat/meat alternate.</p> <p>⁵ Bread, pasta or noodle products and cereal grains must be whole grain or enriched. Cornbread, biscuits, rolls, muffins and other breads must be made with whole-grain or enriched flour or meal. Bran and germ are credited the same as enriched or whole-grain meal or flour. All grain and bread products must meet the minimum serving sizes specified. Alternatively, schools can choose to use the minimum ounce equivalents specified in Grain Requirements for the National School Lunch Program and School Breakfast Program.</p> <p>⁶ Breakfast cereals must be whole grain, enriched or fortified. One serving must meet the requirements for either measure (cups) or weight (ounces), whichever is less.</p> <p>⁷ The serving size refers to the edible portion of cooked lean meat, poultry or fish as served, e.g., cooked lean meat without bone.</p> <p>⁸ Alternate protein products must meet the requirements specified by the USDA in appendix A to Part 220 of the SBP regulations.</p> <p>⁹ Allowable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios and soy nuts. One ounce of nuts or seeds equals one ounce of cooked lean meat, poultry or fish. No more than one ounce of nuts or seeds may be served in any one breakfast.</p>		

For more information, see the New York State Education Department Child Nutrition Knowledge Center (CNKC) [Web page](#) and the [Food Based Menu Planning page](#) or contact your School Food Authority (SFA) Team Contact in the New York State Department of Education, Child Nutrition Program Administration, 99 Washington Avenue, Room 1623-OCF, Albany, NY 12234.

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