

PRESCHOOL TRADITIONAL FOOD-BASED MEAL PATTERN

National School Lunch Program (NSLP)

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 and Food Items	Minimum Quantities ¹	
	Ages 1-2	Ages 3-4
Fluid Milk ²	6 fluid ounces (¾ cup)	6 fluid ounces (¾ cup)
Vegetables and Fruits Two or more servings of different vegetables or fruits or both ³	½ cup	½ cup
Grains and Breads ⁴ Must be whole grain or enriched A serving is a slice of bread (25 grams or 0.9 ounce) or an equivalent serving of biscuits, rolls and other breads or ½ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains.	5 servings per week ^{4,5} Minimum of ½ serving per day	8 servings per week ^{4,5} Minimum of 1 serving per day
Meat and Meat Alternate Lean meat/poultry or fish ⁶ Alternate Protein Products ⁷ Cheese Egg (large) Peanut butter or other nut or seed butters Cooked dry beans and peas Peanuts, tree nuts, soy nuts and seeds ⁸ Yogurt, plain or flavored, unsweetened or sweetened	1 ounce 1 ounce 1 ounce ½ egg 2 Tablespoons ¼ cup ½ ounce (50 percent) 4 ounces or ½ cup	1 ½ ounces 1 ½ ounces 1 ½ ounces ¾ egg 3 Tablespoons ¾ cup ¾ ounce (50 percent) 6 ounces or ¾ cup

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.

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.

³ The specified portions must be met with at least two servings of different vegetables and/or fruits, i.e., two servings of different vegetables, two servings of different fruits or one serving of vegetable and one serving of fruit. A minimum of 1/8 cup must be served to count toward the total requirement. All fruit and vegetable juice must be pasteurized 100 percent full-strength juice and cannot count for more than half of the total requirement.

⁴ 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](#).

⁵ For the purpose of this chart, a week equals five days.

⁶ The serving size refers to the edible portion of cooked lean meat, poultry or fish as served, e.g., cooked lean meat without bone.

⁷ Alternate protein products must meet the requirements specified by the USDA in appendix A to Part 210 of the [NSLP regulations](#).

⁸ Allowable nuts and seeds that may be used as meat alternates include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios and soynuts. Nuts and seeds cannot meet more than 50 percent of the meat/meat alternate requirement. They must be combined with another meat/meat alternate to meet the requirement.

Food Based Menu Planning (Nutrient Standards for Lunch)

Nutrients	Standard Pre-K/Nursery
Calories (kcal)	517
Saturated fat (% kcals)	<10%
Sodium	TBD

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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