



PRESCHOOL MEAL PATTERN



AGES 3-5

	FOOD COMPONENTS	FOOD ITEMS	FOOD ITEMS	
BREAKFAST	Milk ¹	Fat-free or Low-fat (1%)	3/4 cup	
	All 3 components must be served	Vegetable/Fruit ²	Vegetable, Fruit or both, or 100% Juice	1/2 cup
		Grains/Bread ^{3,4,5}	Bread, Pasta, Cereal, etc.	1/2 oz. eq
LUNCH	Milk	Fat-free or Low-fat (1%)	3/4 cup	
	All 5 components must be served	Vegetables	Vegetable or 100% Juice	1/4 cup
		Fruits ⁶	Fruit or 100% Juice	1/4 cup
		Grains/Bread	Bread, Pasta, Cereal, etc.	1/2 oz. eq.
		Meat/Meat Alternate	Lean Meat, Poultry, or Fish	1 + 1/2 oz.
			Tofu	3 oz.
			Cheese	1 + 1/2 oz.
			Yogurt	6 oz.
			Cottage Cheese	3 oz.
			Cooked Dry Beans, Peas, Lentils	3/8 cup
			Egg	3/4
Peanut Butter, Soy Butter, Nut/Seed Butter	3 Tbsp.			
Peanuts, Nuts, Seeds	3/4 oz. = 50%			
SNACK	Milk	Fat-free or Low-fat (1%)	1/2 cup	
	Select 2 different components of the 5 listed	Vegetables	Vegetable or 100% Juice	1/2 cup
		Fruits	Fruit or 100% Juice	1/2 cup
		Grains/Bread	Bread, Pasta, Cereal, etc.	1/2 oz. eq.
		Meat/Meat Alternate	Lean Meat, Poultry, or Fish	1/2 oz.
			Peanut Butter, Soy Butter, Nut/Seed Butter	1 Tbsp.
			Peanuts, Nuts, Seeds	1/2 oz.
Yogurt	2 oz.			

- 1 Whole milk is required for children up to 2 years of age. Unflavored milk is required for children younger than 6 years old.
- 2 No more than one serving of 100% juice may be served per day.
- 3 At breakfast, meat/meat alternate may be served in place of the entire component up to 3 times per week. When serving meat/meat alternate, use the quantities listed for a snack
- 4 At least one serving of whole grain rich Grains/Bread must be served and recorded on the menu every day.
- 5 Ounce Equivalents (oz. eq.) are used to determine the quantity of credible grains. For more information, refer to Crediting Foods in CACFP
- 6 At lunch or supper, one vegetable and one fruit or two different vegetables may be served.

