



# Preschool Meal Pattern Training

1 credit hour

Professional Standard Training



## Preschool Meal Pattern

- Preschool students who are co-mingled with K-5 students and are served meals at the same time and service area, may choose to follow the K-5 meal pattern
- Preschool students that are not co-mingled with K-5 students must follow the preschool meal pattern





# PRESCHOOL MEAL PATTERN



AGES 3-5

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

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.



# Preschool Meal Pattern Offer vs. Serve

Offer vs Serve is not allowable in Preschool Meal Pattern

- All meal components must be served in minimum quantities at each meal
- All 3 components must be served in minimum quantities at breakfast
- All 5 components must be served in minimum quantities at lunch



# Preschool Meal Pattern

## Grains:

- All grains must be whole grain or enriched
- At least one serving per day must be Whole Grain Rich
- Cereals cannot contain more than 6 grams of sugar per dry ounce
  - Ready to eat
  - Instant
  - Hot cereals
- Grain Based Desserts are **not** creditable
  - Exception: Sweet Crackers are allowed
    - Graham Crackers
    - Animal Crackers



*[\\*Click here to find a list of allowable low sugar cereals on page 22 of the NYDOH Crediting Foods in CACFP guide](#)*



# Grain Based Desserts

## Not Allowable

- Brownies
- Cookies
- Sweet pie crusts
- Doughnuts
- Cereal bars
- Granola bars and breakfast bars
- Sweet rolls, pastries, toaster pastries, and sweet scones (example: blueberry, raisin, and orange cranberry)
- Cakes
- Rice pudding and sweet bread pudding



## Allowable

- Sweet Crackers (example: animal crackers and graham crackers)
- Muffins and quick breads (example: banana bread, zucchini bread)
- Cornbread
- Pancakes
- Waffles
- French toast
- Savory scones (example: cheese and herb)



# Preschool Meal Pattern Fruit and Vegetables:

- **Breakfast**-Vegetables and fruit are one component. Schools may serve vegetables, fruits, or combination
- **Lunch**-Vegetables and fruits are two **separate** components
- Juice may count toward the entire vegetable component or fruit component for only one meal or snack per day
  - Must be 100% full strength



# Preschool Meal Pattern Meat/Meat Alternates(M/MA)

- M/MA component is optional at breakfast
- May substitute M/ MA for the entire grain component up to 3 times per week *(regardless of the number of days in the week)*
- Yogurt cannot contain more than 23 grams of sugar per 6 ounces
- Frozen, Drinkable yogurt products are not creditable

*\*Yogurt covered nuts are not creditable*





# Preschool Meal Pattern Milk:

- Flavored Milk is **not** allowed
- Milk variety is not required. Schools may serve one allowable milk to all preschoolers

## Allowable milk types

- Unflavored Fat-Free
- Unflavored Low-Fat (1%)





# Water Availability

- Free potable water must be available and easily accessible to students during breakfast and lunch
- Water is in addition to milk – it is not in competition with milk, no beverage can compete with milk.
- A drinking fountain that students have free access to can fulfill this requirement. If the area where students dine does not have access to a water fountain, the school can provide pitchers or water dispensers.

# PRODUCTION RECORD

Date/Day: \_\_\_\_\_

Age/Grade Group: \_\_\_\_\_

Breakfast: \_\_\_\_ Lunch: \_\_\_\_ Snack: \_\_\_\_

School/Site Name: \_\_\_\_\_

Total Reimbursable Meals: \_\_\_\_\_

## Preschool Meal Pattern Production Records

MENU ITEM	Recipe Number	Portion Size	Total Portions Offered	Reimbursable Portions Served	Non-Reimbursable Portions (adult, A la Carte, second meals)	Leftovers	TIME & TEMP	

Comments:



# Preschool Meal Pattern Counting and Claiming

- Students must be observed receiving a reimbursable meal
- Point of Service systems must:
  - Produce an accurate count of reimbursable meals
  - Prevent overt identification
  - Serve all students in a uniform manner

# Preschool Meal Pattern Counting and Claiming Service Line Method

- Students go through the service line and select all the required components, in at least the minimum quantities to comprise a reimbursable meal
- Staff counts the reimbursable meal when they validate the student has all required components



# Preschool Meal Pattern Counting and Claiming Classroom Method

- The SFA must develop a system to account for reimbursable meals once the students receives all required components
  - Example: a roster or similar system
- Meals may **not** be counted prior to staff delivering meals from the cafeteria
- May **not** take Attendance Counts





# Preschool Meal Pattern

## Family Style Service & Grab and Go Service Line

### Grab and Go Service Lines

- Students come through the Kiosk line and select all required components, in at least minimum quantities
- The cashier counts the reimbursable meal when they validate that the student has all required components
- Un-staffed service lines are not allowed
- Counting grab and go bags prior to service is not allowed



Courtesy of: Bais Yaakov Academy for Girls

### Family Style Service

- The SFA must develop a system to account for reimbursable meals once the students receive all required components
- Staff marks roster after observing the students selecting the meal
- Staff serves the students and then marks the roster
- Attendance counts are not allowed

# Questions?



## Contact Information

- Training Team: [cntraining@nysed.gov](mailto:cntraining@nysed.gov)
- *Child Nutrition Program Office: 518-473-8781*
- CN Representative for questions specific to your SFA