

## Breakfast Meal Pattern for Preschoolers

	Group I ages 1-2 preschool	Group II ages 3-4 preschool
<b>Food components and food items</b>	Minimum quantities	
<b>Milk</b> (As a beverage, on cereal or both)	4 fluid ounces	6 fluid ounces  Must be fat-free (unflavored/flavored) or 1% low-fat (unflavored)
<b>Juice/Fruit/Vegetable</b> Fruit and/or vegetable; or full-strength fruit or vegetable juice	¼ cup	½ cup
SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS; TWO FROM ONE COMPONENT; OR AN EQUIVALENT COMBINATION <sup>1</sup> .		
<b>Grains/Breads</b> <sup>2</sup> Whole-grain or enriched bread Whole-grain or enriched biscuit, roll, muffin, etc. Whole-grain, enriched or fortified cereal	½ slice ½ serving  ¼ cup or ⅓ oz	½ slice ½ serving  ⅓ cup or ½ oz
<b>Meat or Meat Alternate</b> <sup>3,4,5</sup> (quantity of the edible portion as served)		
Lean meat/poultry or fish	½ oz	½ oz
Alternate Protein Products <sup>3</sup>	½ oz	½ oz
Cheese	½ oz	½ oz
Large egg	½	½
Peanut butter or other nut or seed butters	1 Tbsp	1 Tbsp
Cooked dry beans and peas	2 Tbsp	2 Tbsp
Nuts and/or seeds (as listed in program guidance) <sup>4,5</sup>	½ oz	½ oz
Yogurt, plain or flavored, unsweetened or sweetened, commercially prepared	2 oz or ¼ cup	2 oz or ¼ cup

<sup>1</sup>Minimum servings for meat/meat alternates – 0.25 ounces and for grains/breads – ¼ serving.

<sup>2</sup>Grains/Breads must be enriched or whole-grain or made from enriched whole-grain flour or meal that may in and/or germ.

<sup>3</sup>Alternate protein products must meet requirements in Appendix A 7 CFR Part 220.

<sup>4</sup>No more than 1 ounce of nuts and/or seeds may be served in any one breakfast.

<sup>5</sup>Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

## MINIMUM NUTRIENT AND CALORIE LEVELS FOR SCHOOL BREAKFASTS

[Traditional Food-Based Menu Planning Approach]

	Age 2 <sup>1</sup>	Ages 3-4
Nutrients and energy allowances	School week averages	
Energy allowances (calories)	325	388
Total fat (as a percentage of actual total food energy)	(2)	(2)
Saturated fat (as a percentage of actual total food energy)	(2)	(2)
RDA for protein (g)	4	5
RDA for calcium (mg)	200	200
RDA for iron (mg)	2.5	2.5
RDA for Vitamin A (RE)	100	113
RDA for Vitamin C (mg)	10	11

<sup>1</sup>Nutrient and calorie levels start at age 2 because the “Dietary Guidelines for Americans” apply to ages 2 and older.

<sup>2</sup>The 1995 “Dietary Guidelines for Americans” recommend that after 2 years of age “children should gradually adopt a diet that, by about 5 years of age, contains no more than 30 percent of calories from fat.”

## Lunch Meal Pattern for Preschoolers

	Group I ages 1-2 preschool	Group II ages 3-4 preschool
Food components and food items	Minimum quantities	
<b>Fluid Milk</b> (as a beverage)	6 fluid ounces	6 fluid ounces  Must be fat-free (unflavored/flavored) or 1% low-fat (unflavored)
<b>Meat or Meat Alternate</b> <sup>1,2</sup> (quantity of the edible portion as served)		
Lean meat, poultry, or fish	1 ounce	1½ ounces
Alternate Protein Products <sup>3</sup>	1 ounce	1½ ounces
Cheese	1 ounce	1½ ounces
Large egg	½	¾
Cooked dry beans or peas <sup>4</sup>	¼ cup	⅜ cup
Peanut butter or other nut or seed butters	2 tablespoons	3 tablespoons
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 and must be used in combination with any of the above: Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 ounce of nuts/seeds equals 1 ounce of cooked lean meat, poultry or fish) <sup>5</sup>	½ ounce =50%	¾ ounce =50%
<b>Vegetable or Fruit</b> Two or more servings of different vegetables, fruits or both <sup>4,6</sup>	½ cup	½ cup
<b>Grains/Breads</b> Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or ½ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains <sup>7</sup>	5 servings per week <sup>8</sup> – minimum of ½ serving per day	8 servings per week <sup>8</sup> – – minimum of 1 serving per day

1 Must be served in the main dish or the main dish plus only one other menu item.

2 Enriched macaroni with fortified protein may be used to meet part of the meat or meat alternate requirement.

3 Alternate protein products must meet the requirements in Appendix A of 7 CFR 210.

4 Cooked dry beans or peas may be used as a meat alternate or as a vegetable, but not as both components in the meal.

5 Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

6 No more than one half of the total requirement may be met with full-strength fruit or vegetable juice.

7 Enriched macaroni with fortified protein may be used as a meat alternate or as a grains/breads item, but not as both components in the same meal.

8 For the purposes of the chart, a week equals five school days.

## MINIMUM NUTRIENT AND CALORIE LEVELS FOR SCHOOL LUNCHES

[Traditional Food-Based Menu Planning Approach<sup>1</sup>]

Nutrients and energy allowances	Group II preschool ages 3-4
	School week averages
Energy allowances (calories)	517
Total fat (as a percentage of actual total food energy)	(2)
Saturated fat (as a percentage of actual total food energy)	(2)
RDA for protein (g)	7
RDA for calcium (mg)	267
RDA for iron (mg)	3.3
RDA for Vitamin A (RE)	150
RDA for Vitamin C (mg)	14

<sup>1</sup>Current regulations only specify minimum nutrient and calorie levels for lunches for children ages 3-4.

<sup>2</sup>The 1995 Dietary Guidelines recommend that after 2 years of age “\* \* \* children should gradually adopt a diet that, by about 5 years of age, contains no more than 30 percent of calories from fat.”