

Breakfast Meal Pattern for Preschoolers

	Group I ages 1-2 preschool	Group II ages 3-4 preschool
Food components and food items	Minimum quantities	
Milk (As a beverage, on cereal or both)	4 fluid ounces	6 fluid ounces Must be fat-free (unflavored/flavored) or 1% low-fat (unflavored)
Juice/Fruit/Vegetable 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 ¹ .		
Grains/Breads ² 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
Meat or Meat Alternate ^{3,4,5} (quantity of the edible portion as served)		
Lean meat/poultry or fish	½ oz	½ oz
Alternate Protein Products ³	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) ^{4,5}	½ oz	½ oz
Yogurt, plain or flavored, unsweetened or sweetened, commercially prepared	2 oz or ¼ cup	2 oz or ¼ cup

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

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

³Alternate protein products must meet requirements in Appendix A 7 CFR Part 220.

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

⁵Nuts 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 ¹	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

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

²The 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	
Fluid Milk (as a beverage)	6 fluid ounces	6 fluid ounces Must be fat-free (unflavored/flavored) or 1% low-fat (unflavored)
Meat or Meat Alternate ^{1,2} (quantity of the edible portion as served)		
Lean meat, poultry, or fish	1 ounce	1½ ounces
Alternate Protein Products ³	1 ounce	1½ ounces
Cheese	1 ounce	1½ ounces
Large egg	½	¾
Cooked dry beans or peas ⁴	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) ⁵	½ ounce =50%	¾ ounce =50%
Vegetable or Fruit Two or more servings of different vegetables, fruits or both ^{4,6}	½ cup	½ cup
Grains/Breads 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 ⁷	5 servings per week ⁸ – minimum of ½ serving per day	8 servings per week ⁸ – – 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 same 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 Approach¹]

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

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

²The 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.”