Preschool Meal Pattern
SY 2020-2021

Hawaii Child Nutrition Programs

PRESCHOOL Objectives

- Preschool vs older grades
- Meal pattern requirements
  - Breakfast
  - Lunch
- Meal Components
  - Sugar Limits
- Comingling

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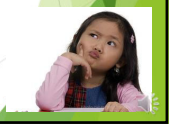
Things to Note for Preschool…

- Offer vs Serve is **NOT** allowed for children under 5 years old (unless comingled)
- Frying is **NOT** allowed as a way of preparing foods on-site
- Meals offered at the grade level, not age
  - ex: a 4 ½ year old who attends kindergarten must be served the K-5 meal pattern



Preschool – Breakfast Meal Pattern

	Ages 3-5 (Preschool)
Milk	¾ cup
Vegetables, Fruit, or Both	½ cup
Grains	½ oz eq

Must serve ALL three components for a reimbursable meal

Preschool – Lunch Meal Pattern

	Ages 3-5 (Preschool)
Milk	¾ cup
Meat/Meat Alternate	1 ½ oz
Vegetable	¼ cup
Fruit	¼ cup
Grains	½ oz eq

Pre-K M/MA requirement is higher than the K-5 requirement

PRESCHOOL

Milk

	Types of Milk
Ages 3-5	1% (unflavored) Fat-free (unflavored)

Flavored milk CANNOT be served to preschoolers

PRESCHOOL

Vegetables

- No vegetable subgroups
- May be used to meet the entire fruit component
  - Must serve 2 different kinds of vegetables

(does not have to be different subgroups)

✓ **Allowable:**
Milk
Chicken sandwich
Broccoli
Carrots

✗ **Not Allowable:**
Milk
Chicken sandwich
~~Broccoli (2 servings)~~

PRESCHOOL

Fruit

- May serve full-strength juice
  - Limit to **one meal**, (including snack) **per day**
- May **NOT** substitute 2 fruit servings for 1 vegetable serving
- Dried fruit is credited at twice the volume served
  - **¼ cup of dried fruit = ½ cup fruit**

PRESCHOOL

Grains

- All grains must be whole grain or enriched
- **At least one serving of grains per day must be whole grain-rich:**
  - Contains 100% whole grains, OR
  - Contains at least 50% whole grains and the remaining grains are enriched

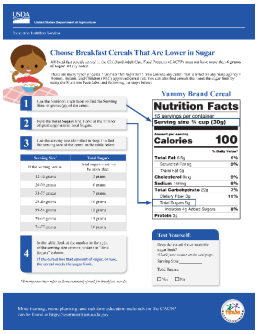
PRESCHOOL

Grains

- **Oz eq** are used to determine the amount of creditable grains
- Grain-based desserts **DO NOT** count towards the grains component
- Breakfast cereals must contain **no more than 6 grams of sugar per dry ounce**

PRESCHOOL

"Choose Breakfast Cereals That Are Lower in Added Sugars"



https://www.fns.usda.gov/tn/choose-breakfast-cereals-are-lower-sugar

Grains Mini Activity

Nutrition Facts
About 10 servings per container
Serving size 1 Cup (40g)

Amount per serving	
Calories	**140**
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 31g	11%
Dietary Fiber 5g	18%
Soluble Fiber 2g	
Insoluble Fiber 3g	
Total Sugars 7g	
Incl. 7g Added Sugars	14%
Protein 5g	

Serving Size	Total Sugars
If the serving size is:	Total sugars must not be more than:
0-2 grams	0 grams
3-7 grams	1 gram
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams

This cereal **can** be served to preschoolers

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Grains Mini Activity

Nutrition Facts
Serving Size 1 Box (27g)

Amount Per Serving
Calories 100 Calories from Fat 10

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 1g	

Vitamin A 8% • Vitamin C 20%
Calcium 0% • Iron 20%
Vitamin D 8% • Thiamin 20%
Riboflavin 20% • Niacin 20%
Vitamin B_6 20% • Folic Acid 20%
Vitamin B_{12} 20% • Zinc 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Serving Size	Total Sugars
If the serving size is:	Total sugars must not be more than:
0-2 grams	0 grams
3-7 grams	1 gram
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams

Too much sugar!

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PRESCHOOL

Meat / Meat Alternate (M/MA)

- May substitute for the entire grains component **AT BREAKFAST**
  - Maximum 3 times in a week
- Yogurt must contain **no more than 23 grams of sugar per 6 ounces**

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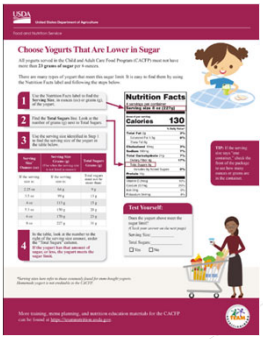
PRESCHOOL

"Choose Yogurts That Are Lower in Added Sugars"



https://www.fns.usda.gov/tn/choose-yogurts-are-lower-sugar

Yogurt Mini Activity

Lowfat Vanilla Yogurt

Nutrition Facts

Serving Size (150g)
Servings Per Container 1

Amount Per Serving	
Calories 130	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 22g	
Protein 7g	14%

*Percent Daily Values are based on a 2,000 calorie diet.

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Total Sugars Grams (g)
If the serving size is:	If the serving size is:	Total sugars must not be more than:
4.75 oz	135 g	18 g
5 oz	142 g	19 g
5.25 oz	149 g	20 g
5.3 oz	150 g	20 g
5.5 oz	156 g	21 g
5.75 oz	163 g	22 g
6 oz	170 g	23 g

This yogurt cannot be served to preschoolers

Yogurt Mini Activity

Nutrition Facts

Serving Size 6 oz (170g)
Servings Per Container 1

Amount Per Serving	
Calories 150	Calories from Fat 15
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 95mg	4%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 6g	12%

*Percent Daily Values are based on a 2,000 calorie diet.

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Total Sugars Grams (g)
If the serving size is:	If the serving size is:	Total sugars must not be more than:
4.75 oz	135 g	18 g
5 oz	142 g	19 g
5.25 oz	149 g	20 g
5.3 oz	150 g	20 g
5.5 oz	156 g	21 g
5.75 oz	163 g	22 g
6 oz	170 g	23 g

YES! This yogurt may be served to preschoolers

Flexibility for Co-Mingled Preschool Meals

- Preschoolers and K-5 students served in the same area at the same time
  - The two grade groups are intermixed
- SFA's choice:
  - Follow grade-appropriate meal pattern
  - Serve the K-5 meal pattern to both groups

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Preschool Meal Pattern Activity

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Menu Planning for Pre-K: Breakfast

Pineapple Chunks
½ cup Fruit

½ cup Yogurt
1 oz eq M/MA

1% or Fat Free White Milk
¾ cup Milk

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Menu Planning for Pre-K: Breakfast

Oatmeal
1 oz eq Grain

Dried Raisins
1/4 cup serving
(1/2 cup credit Fruit)

1% White Milk or ~~Fat Free Chocolate Milk~~
1 cup Milk

Menu Planning for Pre-K: Lunch

Tuna Sandwich
1 oz eq M/MA
1 oz eq Grain

Carrot Sticks
¼ cup Vegetable

Hummus
¼ cup Vegetable
(Substitute for ¼ cup Fruit)

1% White Milk
¾ cup Milk

Menu Planning for Pre-K

BREAKFAST
- Pizza Stick
  - 1 oz eq Grain
  - 1 oz eq M/MA
  - 1/8 cup Vegetable
- 100% Orange Juice
  - ½ cup Fruit
- Fat Free / 1% White Milk
  - ¾ cup Milk

LUNCH
- Hamburger on WG Bun
  - 1.5 oz eq M/MA
  - 1 oz eq Grain
- Baby Carrots
  - ¼ cup Vegetable
- Sliced Peaches
  - ¼ cup Fruit
- Fat Free / 1% White Milk
  - ¾ cup Milk

AFTERSCHOOL SNACK
- Animal Crackers
- 100% Grape Juice

Reimbursable BREAKFAST?

WG Cereal
(less than 6g sugar per oz)
1 oz eq Grain

½ cup Yogurt
(less than 23g sugar per 6 ounces)
1 oz eq M/MA

Orange Wedges
½ cup fruit

NOT REIMBURSABLE

Reimbursable BREAKFAST?

Scrambled Eggs
1 oz eq M/MA

Portuguese Sausage
1 oz eq M/MA

½ cup 100% Orange Juice
½ cup Fruit

1% White Milk
1 cup

REIMBURSABLE!

Reimbursable LUNCH?

Kalua Pork & Cabbage
1.5 oz M/MA
¼ cup Vegetable

Hapa Rice
½ oz eq Grain

Pineapple Chunks
¼ cup Fruit

REIMBURSABLE!

Fat Free White Milk
¾ cup

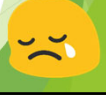
Reimbursable LUNCH?

Grilled Cheese Sandwich
1 oz eq M/MA
1 oz eq Grain

Green Leaf Salad
1/4 cup serving
(credits as 1/8 cup Vegetable)

Apple Slices
¼ cup Fruit

NON-REIMBURSABLE



1% White Milk
¾ cup Milk

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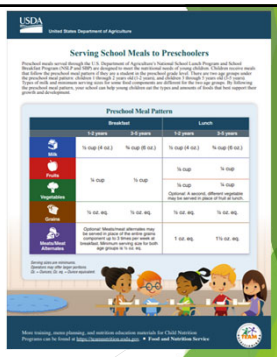
Serving School Meals to Preschoolers



https://fns-prod.azureedge.net/sites/default/files/resource-files/ServingSchoolMealstoPreschoolers.pdf

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Quiz

Link to Google Forms Quiz:
https://forms.gle/aYDzGideVvgya1WZ7

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QUESTIONS?

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