Preschool Meal Pattern
SY 2020-2021

Objectives

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

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                | ¼ cup            |
| Vegetables, Fruit, or Both | ¼ cup           |
| Grains              | ½ oz eq          |

Must serve **ALL three** components for a reimbursable meal.

Preschool – Lunch Meal Pattern

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

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

Milk

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

Flavored milk **CANNOT** be served to preschoolers.
**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)

**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

**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
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

“Choose Breakfast Cereals That Are Lower in Added Sugars”

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

Grains Mini Activity

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Total Sugars</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Total Sugars</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- This cereal can be served to preschoolers

- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce

Grains Mini Activity

- 0-2 grams: 0 grams
- 3-4 grams: 1 gram
- 5-11 grams: 2 grams
- 12-16 grams: 3 grams
- 17-21 grams: 4 grams
- 22-25 grams: 5 grams
- 26-29 grams: 6 grams
- 30-34 grams: 7 grams
- 35-44 grams: 8 grams
- 45-59 grams: 10 grams

This cereal can be served to preschoolers
### Grains Mini Activity

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Total Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Under 5</td>
<td>0 grams</td>
</tr>
<tr>
<td>5-11 grams</td>
<td>1 gram</td>
</tr>
<tr>
<td>12-23 grams</td>
<td>2 grams</td>
</tr>
<tr>
<td>24-35 grams</td>
<td>3 grams</td>
</tr>
<tr>
<td>36-47 grams</td>
<td>4 grams</td>
</tr>
<tr>
<td>48-59 grams</td>
<td>5 grams</td>
</tr>
<tr>
<td>60-90 grams</td>
<td>6 grams</td>
</tr>
<tr>
<td>Over 90</td>
<td>7 grams</td>
</tr>
</tbody>
</table>

Too much sugar!

### 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

---

https://www.fns.usda.gov/tn/choose-yogurts-are-lower-sugar
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
Preschool Meal Pattern Activity

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
  - ½ cup Milk

Menu Planning for Pre-K:
Breakfast

- Oatmeal
  - 1 oz eq Grain
- Dried Raisins
  - ½ cup serving
    - (1/2 cup credit Fruit)
- 1% White Milk or Fat Free Chocolate Milk
  - ½ cup Milk
Menu Planning for Pre-K:

**Lunch**
- Tuna Sandwich
  - 1 oz eq 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

**Breakfast**
- Pizza Stick
- 1 oz eq Grain
- 1 oz eq MA
- ¼ 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 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 8 ounces)
  - 1 oz eq 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
  ½ cup Fruit

- Fat Free White Milk
  ¾ cup

REIMBURSABLE!

Reimbursable LUNCH?

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

- Green Leaf Salad
  2/4 cup serving
  (credits as 1/8 cup Vegetable)

- Apple Slices
  ¼ cup Fruit

- 1% White Milk
  ½ cup Milk

NON-REIMBURSABLE
Serving School Meals to Preschoolers


---

Quiz

Link to Google Forms Quiz:
https://forms.gle/aYDzGideVvgys1WZ7

---

QUESTIONS?

Rachel Itano rachel.itano@k12.hi.us
Kasey Kawamoto kasey.kawamoto@k12.hi.us
Shirley Robinson shirley.robinson@k12.hi.us

(808) 587-3600
Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the
[https://www.usda.gov/sites/default/files/documents/USDA-OASCR-P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf](https://www.usda.gov/sites/default/files/documents/USDA-OASCR-P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf), found online at: [https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint](https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint), and at any USDA office, or write a letter addressed to USDA and provide the toll free number of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.