

## CHILD MEAL PATTERN

Preschool Breakfast				
[Select all three components for a reimbursable meal]				
	Minimum Quantities			
Food components and food items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup>
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	<b>For K-12 meal pattern requirements, refer to SBP meal pattern requirements.</b>	
Vegetables, fruits, or portions of both <sup>4</sup>	¼ cup	½ cup		
Grains (oz. eq.) <sup>5,6,7,8</sup>	½ ounce equivalent	½ ounce equivalent		

<sup>1</sup> Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

<sup>2</sup> Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

<sup>3</sup> Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent fat or less) or unflavored fat-free (skim) milk for children two through five years old.

<sup>4</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

<sup>5</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

<sup>6</sup> Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

<sup>7</sup> Refer to FNS guidance for additional information on crediting different types of grains.

<sup>8</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

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U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
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2. fax:  
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