

## CHILD MEAL PATTERN

<b>Preschool Lunch Meal Pattern</b> [Select all five components for a reimbursable meal]				
Food components and food items <sup>1</sup>	Minimum quantities			
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> (at-risk afterschool programs and emergency shelters)
<b>Fluid Milk<sup>3</sup></b>	4 fluid ounces	6 fluid ounces	<b>For K-12 meal pattern requirements, refer to the NSLP meal pattern requirements.</b>	
<b>Meat/meat alternates</b> (edible portion as served):				
Lean meat, poultry, or fish	1 ounce	1 ½ ounces		
Tofu, soy products, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounces		
Cheese	1 ounce	1 ½ ounces		
Large egg	½	¾		
Cooked dry beans or peas	¼ cup	3/8 cup		
Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp		
Yogurt, plain or flavored unsweetened or sweetened <sup>5</sup>	4 ounces or ½ cup	6 ounces or ¾ cup		
The following may be used to meet no more than 50% of the requirement:				
Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%		
<b>Vegetables<sup>6, 7</sup></b>	1/8 cup	1/4 cup		
<b>Fruits<sup>6, 7</sup></b>	1/8 cup	1/4 cup		
<b>Grains (oz eq)<sup>8, 9, 10</sup></b>	½ ounce equivalent	½ ounce equivalent		

- <sup>1</sup> Must serve all five components for a reimbursable meal.
- <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 low-fat (1 percent fat or less) or unflavored fat-free (skim) milk for children two through five years old.
- <sup>4</sup> Alternate protein products must meet the requirements in Appendix A to Part 226 of this chapter.
- <sup>5</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- <sup>6</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- <sup>7</sup> A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch, two different kinds of vegetables must be served.
- <sup>8</sup> At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.
- <sup>9</sup> Refer to FNS guidance for additional information on crediting different types of grains.
- <sup>10</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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2. **fax:**  
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