



<b>Lunch</b> Must serve all 5 components for a reimbursable meal	
Food Components and Food Items	Ages 3-5
<b>Fluid Milk</b>	6 fluid ounces
<b>Meat/meat alternates</b>	
Lean meat, poultry, or fish	1 1/2 ounce
Tofu, soy product, or alternate protein products	1 1/2 ounce
Cheese	1 1/2 ounce
Large egg	3/4
Cooked dry beans or peas	3/8 cup
Peanut butter or soy nut butter or other nut or seed butters	3 tbsp.
Yogurt, plain or flavored unsweetened or sweetened	6 ounces or 3/4 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 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	3/4 ounce = 50%
<b>Vegetables</b>	1/4 cup
<b>Fruits</b>	1/4 cup
<b>Grains</b>	
Whole grain-rich or enriched bread	1/2 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	1/2 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	1/4 cup

**Serve Not Offer:**

- Must serve all five components for a reimbursable meal. Offer Versus Serve is not an option for the pre-k meal pattern.

**Milk:**

- For children **two through five years old** milk must be unflavored low-fat (1 percent) or unflavored fat-free (skim).

**Alternate Meat Products:**

- Alternate protein products must meet the requirements in Appendix A to Part 226. FNS guidance at: <https://www.fns.usda.gov/part-226%E2%80%94child-and-adult-care-food-program>

**Yogurt:**

- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

## Juice:

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

## Vegetables:

- A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

## Grains:

- At least one serving per day, across all programs, must be whole grain-rich.
- Grain-based desserts do not count towards the grains requirement. Conform to FNS guidance at: <http://www.fns.usda.gov/tn/whole-grain-resource>.
- Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

## Breakfast cereals:

- 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).