

Pre-K Breakfast Meal Pattern



Breakfast Must serve all three components for a reimbursable meal	
Food Components and Food Items	Ages 3-5
Fluid Milk	6 fluid ounces
Vegetables, fruits or portions of both	½ cup
Grains, meat/meat alternate or both	½ oz eq

Milk

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

Fruits/Vegetables

- All juice must be 100% full strength. Juice may only be used to meet the vegetable or fruit requirement one time per day.

Grains

- 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. For additional information, view the [Whole Grain Resource](#).
- 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).

Meat/Meat Alternate

- Meat/meat alternates may be offered in place of grains or in combination with grains to meet the minimum 1/2 ounce equivalents.