

Pre-K Lunch Meal Pattern



Lunch Must serve all five components for a reimbursable meal	
Food Components and Food Items	Ages 3-5
Fluid Milk	6 fluid ounces
Meat/Meat alternates (edible portion as served)	
Lean meat, poultry, or fish	1 ½ ounces
Tofu, soy products, or alternate protein products	1 ½ ounces
Cheese	1 ½ ounces
Large egg	¾
Cooked dry beans or peas	¾ 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 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)	¾ ounce = 50%
Vegetables	¼ cup
Fruits	¼ cup
Grains	½ oz eq

Milk

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

Meat/Meat Alternate

- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- Alternate protein products must meet the requirements in [Appendix A to Part 226](#).

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Vegetables

- 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.

Fruit

- Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal 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](#).

