

## Pre K Meal Pattern - LUNCH

TRADITIONAL FOOD-BASED MENU PLANNING APPROACH—MEAL PLAN FOR LUNCHES		
	Group I ages 1–2 preschool	Group II ages 3–4 preschool
Food components and food items	Minimum quantities	
Fluid milk (as a beverage) .....	6 fluid ounces .....	6 fluid ounces. <sup>1</sup>
Meat or Meat Alternates:		
Lean meat, poultry, or fish .....	1 ounce .....	1½ ounces.
Alternate Protein Products <sup>2</sup> .....	1 ounce .....	1½ ounces.
Cheese .....	1 ounce .....	1½ ounces.
Large egg .....	½ .....	¾.
Cooked dry beans and peas .....	¼ cup .....	⅜ cup.
Peanut butter or other nut or seed butters .....	2 tablespoons .....	3 tablespoons.
Yogurt, plain or flavored, unsweetened or sweetened .....	4 ounces or ½ cup .....	6 ounces or ¾ cup.
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above:		
Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry or fish).	½ ounce = 50% .....	¾ ounce = 50%.
Vegetable or Fruit: 2 or more servings of vegetables, fruits or both .....	½ cup .....	½ cup.
Grains/Breads (servings per week): Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or ½ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains.	5 servings per week <sup>3</sup> —minimum of ½ serving per day.	8 servings per week <sup>3</sup> —minimum of 1 serving per day.

<sup>1</sup> Beginning July 1, 2012 (SY 2012–2013), fluid milk for children Ages 3–4 must be fat-free (unflavored or flavored) or low-fat (unflavored only).

<sup>2</sup> Must meet the requirements in Appendix A of this part.

<sup>3</sup> For the purposes of this table, a week equals five days.

