

PRE-K DIFFERENCES

Applies to services that are not co-mingled

GRAINS

- A whole grain-rich grain must be served at least once per day.
- Grain-based desserts are not permitted. Refer to *Exhibit A Grain Chart* in the Food Buyer's Guide for help identifying grain-based desserts.
- Meat/Meat alternates may be substituted for the entire grain requirement up to 3 times per week.

SUGAR

- Breakfast cereal must not contain more than 6 g of sugar per dry ounce.
- Yogurt must not have more than 23 g of sugar per 6 ounces.

FRUIT (OR VEGGIES)

- Minimum daily offering must be ½ cup.

JUICE

- Juice is only allowed at 1 service per day.

MILK

- No flavored milk is permitted.

BREAKFAST MEAL PATTERN

Key Requirements

- Three components must be offered daily: grains, fruit and milk.
- Meal patterns are provided for 4 age groups: Pre-K, K-5, 6-8 and 9-12.
- A K-12 meal pattern is also permitted.
- Water must be available to all students.

Required Components



GRAINS

- A minimum of 1 oz equivalent must be offered daily to all age groups.
- Half of grains offered must be whole grain rich. The remainder must be enriched grains.
- Meat/meat alternates may count toward the grain requirement. However, at least 1 oz equivalent of an actual grain must be offered first. Meat/meat alternates may also be offered as extras.

FRUIT

- 1 cup must be offered daily to all age groups.
- Fresh, frozen or dried fruit or juice may be offered. Dried fruit is counted as double the volume served (example: ¼ cup raisins = ½ cup fruit).
- No more than half of the weekly fruit offering can be 100% juice.
- Vegetables may be counted toward the fruit requirement.

MILK

- A minimum of 8 oz (1 cup) must be offered daily to all age groups.
- A variety of milk (2 choices) must be offered daily.
- Fat-free or low-fat (1%) flavored or unflavored milk may be offered.
- Offering lactose-free milk as a substitution does not require a milk waiver.

**Breakfast meals must meet the meal pattern and nutrition requirements, including calorie, sodium, and saturated and trans fat targets.*

This institution is an equal opportunity provider.

LUNCH MEAL PATTERN

Key Requirements

- Five components must be offered daily: meat/meat alternates, grains, vegetables, fruit and milk.
- Meal patterns are provided for 4 age groups: Pre-K, K-5, 6-8 and 9-12.
- A K-8 meal pattern is also permitted.
- Water must be available to all students.

Required Components



GRAINS

- Daily minimum offerings:
 - 1 oz equivalent for K-8
 - 2 oz equivalent for 9-12
- Half of grains offered must be whole grain rich. The remainder must be enriched grains.

MEAT/MEAT ALTERNATES

- Daily minimum offerings:
 - 1 oz equivalent for K-8
 - 2 oz equivalent for 9-12
- Meat alternates include cheese, nut butters, eggs, tofu, yogurt and beans.

FRUIT

- Daily minimum offerings:
 - 1/2 cup for K-8
 - 1 cup for 9-12
- Fresh, frozen or dried fruit or juice may be offered. Dried fruit is counted as double the volume served (example: 1/4 cup raisins = 1/2 cup fruit).
- No more than half of the weekly fruit offering can be 100% juice.

VEGETABLES

- Daily minimum offerings:
 - 3/4 cup for K-8
 - 1 cup for 9-12
- Minimum amounts must be offered from 5 different subgroups:
 - Dark green
 - Red/orange
 - Beans/peas/legumes
 - Starchy
 - Other
- 1 cup leafy greens counts as 1/2 cup.

MILK

- A minimum of 8 oz (1 cup) must be offered daily to all age groups.
- A variety of milk (2 choices) must be offered daily.
- Fat-free or low-fat (1%) flavored or unflavored milk may be offered.
- Offering lactose-free milk as a substitution does not require a milk waiver.

PRE-K DIFFERENCES

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GRAINS

- A whole grain-rich grain must be served at least once per day.
- Grain-based desserts are not permitted. Refer to *Exhibit A Grain Chart* in the Food Buyer's Guide for help identifying grain-based desserts.
- A daily minimum of 0.5 oz equivalent must be offered.

MEAT/MEAT ALTERNATES

- A minimum of 1.5 oz equivalent must be offered daily.

FRUIT & VEGGIES

- Minimum daily offerings of each are 1/4 cup.

JUICE

- Juice is only allowed at 1 service per day.

MILK

- No flavored milk is permitted.

*Lunch meals must meet the meal pattern and nutrition requirements, including calorie, sodium, and saturated and trans fat targets.