

Lunch Meal Pattern



Component	CACFP — Pre-School Ages 3–5	NSLP K–5	
Milk	<p>3/4 cup daily</p> <ul style="list-style-type: none"> ▪ Fat-free ▪ Low-fat (1%) ▪ Lactose-reduced or lactose-free low-fat or fat-free ▪ Flavored milk is not allowable 	<p>1 cup daily</p> <ul style="list-style-type: none"> ▪ At least two different types of fluid milk daily; one must be unflavored ▪ Unflavored or flavored fat-free or 1% low-fat ▪ Lactose-reduced or lactose-free low-fat or fat-free ▪ Flavored milk may not have more than 10 grams of added sugar per cup 	
Meat / Meat Alternate CACFP & NSLP: Yogurt must contain no more than 12 grams of added sugars per 6oz	<p>1½ oz equivalent daily</p>	<p>8–10 oz equivalent/week (1oz daily minimum)</p>	
Grain	<p>1/2 oz equivalent daily</p> <ul style="list-style-type: none"> ▪ At least 1 serving per day (across all meals and snacks) must be whole grain rich ▪ Grain based desserts do not count towards meeting the grain requirements 	<p>8–9 oz equivalent/week (1 oz daily minimum)</p> <ul style="list-style-type: none"> ▪ At least 80% of grains served over the course of the week must be Whole Grain-Rich 	
Vegetable	<p>1/4 cup daily</p>	<p>3/4 cup daily</p>	
		<p>Dark Green</p>	<p>1/2 cup</p>
		<p>Red / Orange</p>	<p>3/4 cup</p>
		<p>Beans, Peas, & Lentils</p>	<p>1/2 cup</p>
		<p>Starchy</p>	<p>1/2 cup</p>
		<p>Other</p>	<p>1/2 cup</p>
Fruit	<p>¼ cup daily</p> <ul style="list-style-type: none"> ▪ Limit Juice to 1 time per day 	<p>½ cup daily</p> <ul style="list-style-type: none"> ▪ No more than half of fruit or vegetable offerings served over the course of the week may be in the form of juice 	

Breakfast Meal Pattern



Component	CACFP — Pre-school (ages 3–5)	SBP — K–5
<p>Milk</p>	<p>3/4 cup daily</p> <ul style="list-style-type: none"> ▪ Unflavored fat-free or 1% low-fat ▪ Lactose-reduced or lactose-free low-fat or fat-free ▪ Flavored milk is not allowable 	<p>1 cup daily</p> <ul style="list-style-type: none"> ▪ At least two different types of fluid milk daily; one must be unflavored. ▪ Unflavored or flavored fat-free or 1% low-fat ▪ Lactose-reduced or lactose-free low-fat or fat-free ▪ Flavored milk may not have more than 10 grams of added sugar per cup
<p>Grains and/or Meat/ Meat Alternates CACFP & NSLP: Yogurt must contain no more than 12 grams of added sugar per 6oz</p> <ul style="list-style-type: none"> ▪ CACFP & NSLP: Breakfast cereals must contain no more than 6 grams of added sugar per dry ounce 	<p>1/2 oz equivalent</p> <ul style="list-style-type: none"> ▪ At least 1 serving of grains per day (across all meals and snacks) must be whole grain rich ▪ Grain based desserts do not count towards meeting the grain requirements ▪ MMA may be used to meet grain requirement a maximum of three times per week 	<p>7 oz equivalent/week (1 oz daily minimum)</p> <ul style="list-style-type: none"> ▪ Grains, MMA, or a combination of both to meet the minimum ounce equivalent requirements for the combined component ▪ At least 80% of grains served over the course of the week must be Whole-Grain Rich
<p>Fruit and/or Vegetables</p>	<p>1/2 cup*</p> <p>*Vegetable and/or fruit for a total of 1/2 cup</p>	<p>1 cup (5 cups per week)</p> <ul style="list-style-type: none"> ▪ No more than half of fruit or vegetable offerings served over the course of the week may be juice ▪ Vegetables can be substituted for fruits <u>one day a week</u> ▪ If vegetables are substituted for fruits on <u>two or more days a week</u>, vegetables are required to be from <u>at least 2 different subgroups</u>