

Lunch Meal Pattern

Component	CACFP Pre-School Ages 3 – 5	NSLP K - 5										
Milk	$\frac{3}{4}$ cup daily <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 	1 cup daily <ul style="list-style-type: none"> ▪ Milk may be whole, reduced-fat (2%), low-fat (1%), fat-free (skim) milk, low-fat or fat-free lactose-free, and lactose-reduced fluid milk. ▪ Milk varieties may be flavored or unflavored. Flavored milk cannot exceed 10g of added sugar per 8 fluid ounces. ▪ Two types of milk must be offered at lunch, one of which must be unflavored. 										
Meat / Meat Alternate <small>CACFP & NSLP: Yogurt must contain no more than 12 grams of added sugars per 6oz</small>	$1\frac{1}{2}$ oz equivalent daily	8-10 oz equivalent/week (1oz daily minimum)										
Grain	$\frac{1}{2}$ oz equivalent daily <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 	8-9 oz equivalent/week (1 oz daily minimum) <ul style="list-style-type: none"> ▪ At least 80% of grains served over the course of the week must be Whole Grain-Rich 										
Vegetable	$\frac{1}{4}$ cup daily	$\frac{3}{4}$ cup daily <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Dark Green</td> <td style="text-align: center;">$\frac{1}{2}$ cup</td> </tr> <tr> <td style="text-align: center;">Red / Orange</td> <td style="text-align: center;">$\frac{3}{4}$ cup</td> </tr> <tr> <td style="text-align: center;">Beans, Peas, & Lentils</td> <td style="text-align: center;">$\frac{1}{2}$ cup</td> </tr> <tr> <td style="text-align: center;">Starchy</td> <td style="text-align: center;">$\frac{1}{2}$ cup</td> </tr> <tr> <td style="text-align: center;">Other</td> <td style="text-align: center;">$\frac{1}{2}$ cup</td> </tr> </table>	Dark Green	$\frac{1}{2}$ cup	Red / Orange	$\frac{3}{4}$ cup	Beans, Peas, & Lentils	$\frac{1}{2}$ cup	Starchy	$\frac{1}{2}$ cup	Other	$\frac{1}{2}$ cup
Dark Green	$\frac{1}{2}$ cup											
Red / Orange	$\frac{3}{4}$ cup											
Beans, Peas, & Lentils	$\frac{1}{2}$ cup											
Starchy	$\frac{1}{2}$ cup											
Other	$\frac{1}{2}$ cup											
Fruit	$\frac{1}{4}$ cup daily <ul style="list-style-type: none"> ▪ Limit Juice to 1 time per day 	$\frac{1}{2}$ cup daily <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
Milk	<p style="text-align: center;">¾ 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 style="text-align: center;">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</p> <p>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 style="text-align: center;">½ 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 style="text-align: center;">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
Fruit and/or Vegetables	<p style="text-align: center;">½ cup*</p> <p style="text-align: center;">*Vegetable and/or fruit for a total of ½ cup</p>	<p style="text-align: center;">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>