

Breakfast Meal Pattern for Preschoolers

October 1, 2019, through September 30, 2021

The U.S. Department of Agriculture’s (USDA) final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*, defines the School Breakfast Program (SBP) meal pattern for preschoolers (ages 1-4). Effective October 1, 2021, the required amounts for the grains component change to ounce equivalents. For more information on the preschool meal patterns, see the Connecticut State Department of Education’s (CSDE) guide, *Menu Planning Guide for Preschoolers in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Afterschool Snack Program (ASP)*, and visit the CSDE’s [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage.

Food Components ¹	Ages 1-2	Ages 3-4
Milk, fluid ² Age 1: Unflavored whole milk Ages 2-4: Unflavored low-fat (1%) milk or unflavored fat-free milk	4 fluid ounces (fl oz) ($\frac{1}{2}$ cup)	6 fl oz ($\frac{3}{4}$ cup)
Vegetables, fruits, or portions of both ^{3,4,5}	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Grains ^{6,7,8,9} Whole grain-rich (WGR) or enriched bread	$\frac{1}{2}$ slice ¹⁰	$\frac{1}{2}$ slice ¹⁰
WGR or enriched bread product, e.g., biscuit, roll, or muffin	$\frac{1}{2}$ serving ¹⁰	$\frac{1}{2}$ serving ¹⁰
WGR, enriched, or fortified cooked breakfast cereal ¹¹ , cereal grain ¹² , or pasta	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold) ^{11,13}	$\frac{1}{4}$ cup or $\frac{1}{3}$ ounce	$\frac{1}{3}$ cup or $\frac{1}{2}$ ounce

◀ See below for important menu planning notes ▶

Menu planning notes for breakfast

- ¹ Breakfast must include the minimum serving of all three components. Use the USDA’s [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine the amount of purchased food that meets the requirements. For processed foods, review the product’s Child Nutrition (CN) label or product formulation statement (PFS). For more information, see the CSDE’s handouts, [Child Nutrition \(CN\) Labeling Program](#), [Product Formulation Statements](#), [Accepting Processed Product Documentation](#), and [Crediting Commercial Meat/Meat Alternate Products in the NSLP and SBP](#); and visit the “[Crediting Commercial Processed Products](#)” section of the CSDE’s [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage. Foods made on site must have a standardized recipe that documents crediting information. For more information, visit the “[Crediting Foods Prepared on Site](#)” section of the CSDE’s [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage.
- ² Flavored milk cannot be served.
- ³ Vegetables include fresh, frozen, canned, and rehydrated dried vegetables. Dried vegetables require a PFS. A serving of cooked vegetables must be drained. Vegetables credit based on volume, except raw leafy greens such as lettuce and spinach credit as half the volume served (e.g., 1 cup credits as $\frac{1}{2}$ cup of vegetables), and tomato paste and puree credit

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Menu planning notes for breakfast, *continued*

- based on the volume as if reconstituted (see the FBG). The USDA's *CACFP Best Practices* recommends at least one serving per week of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables. For more information, see the CSDE's handout, *Vegetable Subgroups in the CACFP*.
- 4 Pasteurized full-strength juice can meet the vegetables or fruits component at only one meal or ASP snack day, between all meals and snacks served to preschoolers. Juice includes all fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice. For more information, see the CSDE's handouts, *Crediting Juice for Preschoolers in the NSLP, SBP, and ASP* and *Crediting Smoothies for Preschoolers in the NSLP, SBP, and ASP*.
 - 5 The fruits component includes fresh fruit, frozen fruit, dried fruit, and canned fruit. Serve canned fruit in juice, water, or light syrup. A serving of canned fruit may include the 100 percent juice in which the fruit is packed, but cannot include water or syrup. Dried fruit credits as twice the volume served, e.g., $\frac{1}{4}$ cup of raisins credits as $\frac{1}{2}$ cup of the fruits component. The USDA's *CACFP Best Practices* recommends serving whole fruits (fresh, frozen, canned, and dried) more often than juice.
 - 6 To credit as the grains component, a creditable grain (whole, enriched, bran, or germ) must be the first ingredient (excluding water), or the greatest ingredient by weight. For information on identifying creditable grains, see the CSDE's handout, *How to Identify Creditable Grains for Preschoolers in the NSLP, SBP, and ASP*.
 - 7 At least one serving per day must be WGR. The USDA's *CACFP Best Practices* recommends at least two servings of WGR grains per day. For the preschool meal patterns only, WGR foods contain 100 percent whole grains or contain a blend of whole grains (at least 50 percent) and enriched grains. For more information, see the CSDE's handout, *Whole Grain-rich Criteria for Preschoolers in the NSLP, SBP, and ASP*.
 - 8 Except for sweet crackers (such as graham crackers and animal crackers), grain-based desserts cannot credit. Examples include cookies, sweet pie crusts, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies. The CSDE recommends not serving sweet crackers more than twice per week between all meals and snacks. For more information, see the USDA's handout, *Grain-Based Desserts in the CACFP*.
 - 9 Meat/meat alternates may substitute for the entire grains component at breakfast up to three times per week. A 1-ounce serving of the meat/meat alternates component substitutes for 1 ounce of the grains component. For more information, see the USDA's handout, *Serving Meat and Meat Alternates at Breakfast*.
 - 10 Through September 30, 2021, grains must meet the applicable weights (groups A-E) volumes (groups H-I) in the USDA's grain servings chart, or provide the minimum creditable grains per serving. For more information, see the CSDE's handouts, *Grain Servings for Preschoolers in the NSLP, SBP, and ASP* and *Calculation Methods for Grain Servings for Preschoolers in the NSLP, SBP, and ASP*. Effective October 1, 2021, the required amounts for the grains component change to ounce equivalents. For more information, see the CSDE's handout, *Grain Ounce Equivalents for Preschoolers in the NSLP, SBP, and ASP*.
 - 11 Breakfast cereals cannot contain more than 6 grams of sugars per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal). For more information, see the CSDE's handout, *Crediting Breakfast Cereals for Preschoolers in the NSLP, SBP, and ASP*.
 - 12 Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.
 - 13 Effective October 1, 2021, the required amount for RTE breakfast cereals changes to ounce equivalents. The required volume for ages 1-4 ($\frac{1}{2}$ ounce equivalent) is $\frac{1}{2}$ cup of flaked or round cereal, $\frac{3}{4}$ cup of puffed cereal, and $\frac{1}{8}$ cup of granola.

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For more information, review the CSDE's *Menu Planning Guide for Preschoolers in the NSLP, SBP, and ASP* and visit the CSDE's [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage, or contact the [school nutrition programs staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/PreschoolMealPatternBreakfast.pdf>.

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