








Serving School Meals to Preschoolers: School Year 2018-2019

Preschool meals served through the U.S. Department of Agriculture’s National School Lunch Program and School Breakfast Program (NSLP and SBP) are designed to meet the nutritional needs of young children. Children receive meals that follow the preschool meal pattern if they are a student in the preschool grade level. There are two age groups under the preschool meal pattern: children 1 through 2 years old (1-2 years), and children 3 through 5 years old (3-5 years). Types of milk and minimum serving sizes for some food components are different for the two age groups. By following the preschool meal pattern, your school can help young children eat the types and amounts of foods that best support their growth and development.

Preschool Meal Pattern

	Breakfast		Lunch	
	1-2 years	3-5 years	1-2 years	3-5 years
 Milk	½ cup (4 oz.)	¾ cup (6 oz.)	½ cup (4 oz.)	¾ cup (6 oz.)
 Fruits	¼ cup	½ cup	⅛ cup	¼ cup
 Vegetables			⅛ cup	¼ cup
 Grains	½ oz. eq.	½ oz. eq.	½ oz. eq.	½ oz. eq.
 Meats/Meat Alternates	<i>Optional: Meats/meat alternates may be served in place of the entire grains component up to 3 times per week.</i>		1 oz. eq.	1½ oz. eq.

*Serving sizes are minimums.
Operators may offer larger portions.
Oz. = Ounces; Oz. eq. = Ounce equivalent.*

