

Lunch Menu Pattern

Component	CACFP - Pre-school (ages 3 – 5)	NSLP K-5										
Milk	¾ cup daily	1 cup daily										
	<ul style="list-style-type: none"> ▪ Fat-free ▪ Low-fat (1%) ▪ Lactose-reduced or lactose-free low-fat or fat-free 	<ul style="list-style-type: none"> ▪ Fat-free ▪ Low-fat (1%) ▪ Lactose-reduced or lactose-free low-fat or fat-free ▪ Flavored Fat-Free ▪ At least two varieties 										
Meat / Meat Alternate	1½ oz equivalent	1 oz equivalent (8-10 oz per week)										
	<ul style="list-style-type: none"> ▪ Yogurt must contain no more than 23 grams of total sugars per 6 oz 											
Grain	½ oz equivalent	1 oz equivalent (8 oz eq per week)										
	<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 	<ul style="list-style-type: none"> ▪ All items must be whole grain rich 										
Vegetable	¼ cup	¾ cup (3¾ per week)										
	<ul style="list-style-type: none"> ▪ Raw leafy greens credit for half the volume 	<ul style="list-style-type: none"> ▪ Raw leafy greens credit for half the volume <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <tr> <td style="text-align: center;">Dark Green</td> <td style="text-align: center;">½ cup</td> </tr> <tr> <td style="text-align: center;">Red / Orange</td> <td style="text-align: center;">¾ cup</td> </tr> <tr> <td style="text-align: center;">Legumes</td> <td style="text-align: center;">½ cup</td> </tr> <tr> <td style="text-align: center;">Starchy</td> <td style="text-align: center;">½ cup</td> </tr> <tr> <td style="text-align: center;">Other</td> <td style="text-align: center;">½ cup</td> </tr> </table>	Dark Green	½ cup	Red / Orange	¾ cup	Legumes	½ cup	Starchy	½ cup	Other	½ cup
Dark Green	½ cup											
Red / Orange	¾ cup											
Legumes	½ cup											
Starchy	½ cup											
Other	½ cup											
Fruit	¼ cup	½ cups (2½ cups per week)										
	<ul style="list-style-type: none"> ▪ Limit Juice to 1 time per day 	<ul style="list-style-type: none"> ▪ No more than half of fruit or vegetable offerings may be in the form of juice 										

Breakfast Menu Pattern

Component	CACFP - Pre-school (ages 3 – 5)	NSLP K-5
Milk	¾ cup	1 cup
	<ul style="list-style-type: none"> ▪ Fat-free ▪ Low-fat (1%) ▪ Lactose-reduced or lactose-free low-fat or fat-free 	<ul style="list-style-type: none"> ▪ Fat-free ▪ Low-fat (1%) ▪ Lactose-reduced or lactose-free low-fat or fat-free ▪ Flavored Fat-Free ▪ At least two varieties
Meat / Meat Alternate		
	<ul style="list-style-type: none"> ▪ Not required, but may be used to meet grain requirement a maximum of three times per week ▪ Yogurt must contain no more than 23 grams of total sugars per 6 oz 	<ul style="list-style-type: none"> ▪ Not required, but may substitute 1 oz equivalent of meat/meat alternate for 1 oz equivalent grains after minimum daily grain is met
Grain	½ oz equivalent	1 oz equivalent (7 oz eq per week)
	<ul style="list-style-type: none"> ▪ At least 1 serving per day (across all meals and snacks) must be whole grain rich ▪ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce ▪ Grain based desserts do not count towards meeting the grain requirements 	<ul style="list-style-type: none"> ▪ All items must be whole grain rich
Vegetable	½ cup* *Vegetable and/or fruit for a total of ½ cup	
		<ul style="list-style-type: none"> ▪ May be substituted for fruits, but the first 2 cups per week must be from a subgroup other than starchy (dark green, red/orange, legumes, other)
Fruit	½ cup* *Vegetable and/or fruit for a total of ½ cup	1 cup (5 cups per week)
	<ul style="list-style-type: none"> ▪ Limit Juice to 1 time per day 	<ul style="list-style-type: none"> ▪ No more than half of fruit or vegetable offerings may be in the form of juice