

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the National School Lunch Program (NSLP) and School Breakfast Program (SBP)

**School Year 2023-24 (July 1, 2023, through June 30, 2024)**

The U.S. Department of Agriculture's (USDA) meal patterns for preschoolers (ages 1-4) and grades K-12 in the National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer Option (SSO) of the NSLP, and Afterschool Snack Program (ASP) of the NSLP have different requirements.

- The meal pattern requirements for grades K-12 are defined by the USDA regulations for the NSLP ([7 CFR 210](#)) and SBP ([7 CFR 220](#)). The SSO follows the NSLP and SBP meal patterns.
- The preschool meal patterns follow the Child and Adult Care Food Program (CACFP) meal patterns and are defined by the CACFP regulations ([7 CFR 226.20\(c\)](#)).

This document summarizes the meal pattern requirements and applicable resources for each school nutrition program. School food authorities (SFAs) must ensure that all foods served in school meals meet the specific meal pattern requirements for each grade group.

For information on the meal patterns for grades K-12, refer to the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals for Grades K-12](#) and visit the CSDE's webpages, [Meal Patterns for Grades K-12 in School Nutrition Programs](#) and [Crediting Foods in School Nutrition Programs](#). For information on the preschool meal patterns, refer to the CSDE's [Menu Planning Guide for Preschoolers in the National School Lunch Program and School Breakfast Program](#) and visit the CSDE's [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage.

For a comparison of the meal pattern requirements for preschoolers and grades K-12 in the ASP, refer to the CSDE's [Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the Afterschool Snack Program](#). For summary charts of the crediting requirements, refer to the CSDE's [Crediting Summary Charts for the Meal Patterns for Grades K-12 in the School Nutrition Programs](#) and [Crediting Summary Charts for the Preschool Meal Patterns of the School Nutrition Programs](#).

This information is subject to change based on the USDA's policy guidance for the school meal patterns. The CSDE will notify SFAs when new guidance is available.

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

## Serving the Same Foods to Preschoolers and Grades K-12 in the NSLP, SBP, and SSO

The meal patterns for preschoolers and grades K-12 have different requirements. SFAs must consider these requirements when making menu planning and purchasing decisions for school meals that will be served to both groups. When SFAs serve the same foods to both groups, these foods must comply with whichever meal pattern requirements are stricter. The examples below show this requirement applies.

- The NSLP and SBP meal patterns for grades K-12 have stricter whole grain-rich (WGR) criteria than the preschool meal patterns. Grain foods served to both groups must comply with the WGR criteria for grades K-12. **Note:** Grain-based desserts do not credit in the preschool meal patterns, even if they are WGR. For more information, refer to “[G4: WGR Requirement](#)” and “[G7: Grain-based Desserts](#).”
- The preschool meal patterns require a sugar limit for yogurt and breakfast cereals, but the meal patterns for grades K-12 do not. Yogurt and breakfast cereals served to both groups must comply with the preschool sugar limits. For more information, refer to “[MMA8: Yogurt and Soy Yogurt](#)” and “[G11: Sugar Limit for Breakfast Cereals](#).”

The only exceptions to these requirements are when SFAs choose to use the K-5 meal pattern for preschoolers and grades K-5 who eat together in the same service area at the same time.

## Preschoolers Eating with Other Grades (Co-Mingling) in the NSLP, SBP, and SSO

“Co-mingling” is the practice of serving meals to a variety of grades in the same service area at the same time. This typically occurs due to operational constraints within a school, such as limited time and space. When students are co-mingled, the school may use the meal pattern of the older grades (such as the K-5 meal pattern) for preschoolers if: 1) the preschoolers and students from older grade groups (such as K-5, K-8, or K-12) are served together in the same place at the same time; 2) it is hard to tell the preschoolers from older students; and 3) it would be operationally difficult to serve different foods or different amounts of foods during the combined meal service. For example, when preschoolers and grades K-5 eat lunch or breakfast in the same service area at the same time, SFAs may choose to follow the K-5 meal pattern for both groups. When preschoolers and grades K-8 eat lunch or breakfast in the same service area at the same time, SFAs may choose to follow the K-8 meal pattern for both groups.

The preschool meal patterns provide the amounts and types of foods that most younger children need for healthy growth and development. The USDA strongly encourages SFAs to find ways to serve grade-appropriate meals to preschoolers and older students to best address their nutritional needs.

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

SFAs must use the preschool meal pattern when meals are served to preschoolers in a different area or at a different time than students in older grades. For additional guidance, refer to the USDA’s resource, [Serving School Meals to Preschoolers](#), and visit the “[Preschoolers Eating with Other Grades \(Comingled Meals\)](#)” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage.

## Considerations for Reducing Choking Risks for Young Children

Children younger than age 4 are at the highest risk of choking. SFAs should consider children’s ages and developmental readiness when deciding what foods to offer in school menus. This consideration is especially important when serving young children or children with a disability. Serve foods in the appropriate sizes, shapes, and textures to reduce choking risks. Avoid serving foods that are as wide around as a nickel, which is about the size of a young child’s throat. For additional guidance, visit the “[Choking Prevention](#)” section of the CSDE’s [Food Safety for Child Nutrition Programs](#) webpage.

## Crediting Documentation

SFAs must be able to document that lunch and breakfast menus provide the required food components and quantities. Menu planners must use the USDA’s [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine how foods credit and the amount that provides the required meal pattern serving. Commercial processed foods not listed in the FBG require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. Some examples include combination foods, deli meats, hot dogs, sausages, breaded vegetables, and other commercial products with added ingredients. For information on crediting documentation, refer to the CSDE’s resources, [Using Child Nutrition \(CN\) Labels in the School Nutrition Programs](#), [Using Product Formulation Statements in the School Nutrition Programs](#), [Accepting Processed Product Documentation in the National School Lunch Program and School Breakfast Program](#), and [Crediting Commercial Meat/Meat Alternate Products in the National School Lunch Program and School Breakfast Program](#), and visit the “[Crediting Commercial Processed Products](#)” section of the CSDE’s Crediting Foods in School Nutrition Programs webpage. Training on the requirements for CN labels and PFS forms is available in Module 6: Meal Pattern Documentation of the CSDE’s training program, [What’s in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

Foods made from scratch must have a standardized recipe that documents the crediting information per serving. For more information, visit the “[Crediting Foods Made from Scratch](#)” section of the CSDE’s Crediting Foods in School Nutrition Programs webpage.

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Meal Pattern (MP)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>MP1:</b> <b>Implementation</b>	<p>The NSLP and SBP meal patterns for preschoolers are defined by the Child and Adult Care Food Program (CACFP) regulations.</p> <p><b>Resources:</b>  <a href="#">USDA Final Rule (81 FR 24347)</a>: CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010  <a href="#">USDA Final Rule (84 FR 50287)</a>: Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program  <a href="#">USDA Final Rule Corrections (81 FR 75671)</a>: CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010</p>	<p>The NSLP and SBP meal patterns for grades K-12 are defined by the NSLP and SBP regulations.</p> <p><b>Resources:</b>  NSLP regulations (<a href="#">7 CFR 210.10</a>)  SBP regulations (<a href="#">7 CFR 220.8</a>)</p>
<b>MP2:</b> <b>Age/Grade Groups</b>	<p><b>Two age groups:</b> ages 1-2 and 3-4.</p> <p>When a 5-year-old is in preschool or a 4-year-old is in kindergarten, the SFA may continue to serve the appropriate meal pattern for that grade.</p> <p><b>Resources:</b>  <a href="#">Breakfast Meal Pattern for Preschoolers</a> (CSDE)  <a href="#">Lunch Meal Pattern for Preschoolers</a> (CSDE)  <a href="#">USDA Memo SP 37-2017</a>: Flexibility for Co-Mingled Preschool Meals: Questions and Answers</p>	<p><b>Three grade groups:</b> K-5, 6-8, and 9-12.</p> <p><b>Resources:</b>  <a href="#">Meal Patterns for Grades K-12 in School Nutrition Programs</a> (CSDE webpage)  <a href="#">Menu Planning Guide for School Meals for Grades K-12</a> (CSDE)</p>

## Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Meal Pattern (MP)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>MP3:</b> <b>Food components</b>	<p><b>Required lunch components:</b> Five components: 1) milk; 2) meat/meat alternates (MMA); 3) grains; 4) vegetables; and 5) fruits.</p> <p><b>Required breakfast components:</b> Three components: 1) milk; 2) grains; and 3) vegetables, fruits, or both.</p> <p><b>Resources:</b>  <a href="#">Breakfast Meal Pattern for Preschoolers (CSDE)</a>  <a href="#">Lunch Meal Pattern for Preschoolers (CSDE)</a>  <a href="#">Menu Planning Guide for Preschoolers in the National School Lunch Program and School Breakfast Program (CSDE)</a></p>	<p><b>Required lunch components:</b> Five components: 1) milk; 2) meat/meat alternates (MMA); 3) grains; 4) vegetables; and 5) fruits.</p> <p><b>Required breakfast components:</b> Three components: 1) milk; 2) grains; and 3) fruits. The grains component includes optional MMA substitutions (refer to <a href="#">MMA3: Meat/Meat Alternates at Breakfast</a>). The fruits component includes optional vegetable substitutions (refer to <a href="#">VF1: Components</a>).</p> <p><b>Resources:</b>  <a href="#">Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage)</a>  <a href="#">Menu Planning Guide for School Meals for Grades K-12 (CSDE)</a></p>

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Milk Component (M)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>M1: Milk</b>	<p><b>Allowable types of milk:</b> Whole milk for ages 1-2 and low-fat or fat-free milk for ages 3-4. Milk must be unflavored. Allowable types of milk include any of the following that meet the fat content restrictions: lactose-reduced milk, lactose-free milk, acidified milk, cultured milk, cultured buttermilk, and Ultra High Temperature (UHT) milk. Breastmilk meets the milk component and may be served in place of fluid milk.</p> <p><b>Milk variety:</b> Not required. SFAs may serve one type of allowable milk (such as unflavored low-fat milk) to ages 2-4. Unflavored whole milk must be served to age 1.</p> <p><b>State milk requirement:</b> In addition to the USDA requirements, all milk served in public schools must meet the beverage requirements of <a href="#">Section 10-221q</a> of the Connecticut General Statutes (C.G.S.). Milk cannot contain more than 4 grams of sugars per ounce. Products that meet the federal and state requirements are in <a href="#">list 16</a> on the CSDE's <a href="#">List of Acceptable Foods and Beverages</a> webpage.</p> <p><b>Resources:</b>  <a href="#">Beverage Requirements</a> (CSDE webpage)  <a href="#">List of Acceptable Foods and Beverages</a> (CSDE webpage)  <a href="#">Milk Component for Preschoolers</a> (CSDE webpage)  <a href="#">Serving Milk in the CACFP</a> (USDA)  <a href="#">USDA Memo CACFP 17-2016: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the CACFP, Q&amp;As</a></p>	<p><b>Allowable types of milk:</b> Low-fat (1%) milk and fat-free milk, either unflavored or flavored. Allowable types of milk include any of the following that meet the fat content restrictions: lactose-reduced milk, lactose-free milk, acidified milk, cultured milk, cultured buttermilk, and Ultra High Temperature (UHT) milk.</p> <p><b>Milk variety:</b> Must serve a variety of milk (at least two different choices of fat content or flavor). At least one milk choice must be unflavored.</p> <p><b>State milk requirement:</b> In addition to USDA requirements, all milk served in public schools must meet the beverage requirements of the Connecticut General Statutes (C.G.S.) <a href="#">Section 10-221q</a>. Milk cannot contain more than 4 grams of sugars per ounce. Products that meet federal and state requirements are in <a href="#">list 16</a> on the CSDE's <a href="#">List of Acceptable Foods and Beverages</a> webpage.</p> <p><b>Resources:</b>  <a href="#">Beverage Requirements</a> (CSDE webpage)  <a href="#">CSDE Operational Memorandum No. 06-19: Summary of Federal and State Milk Requirements for the NSLP, SBP, SSO of the NSLP, ASP of the NSLP, and Special Milk Program (SMP)</a>  <a href="#">List of Acceptable Foods and Beverages</a> (CSDE webpage)  <a href="#">Milk Component for Grades K-12</a> (CSDE webpage)</p>

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Milk Component (M)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>M2: Nondairy Milk Substitutes for Children without a Disability</b>	<p><b>Allowable nondairy beverages:</b> Nondairy beverages that are nutritionally equivalent to cow's milk may be served to children with special dietary needs if requested in writing by a parent or guardian. The nutrition standards for fluid milk substitutes are defined by the NSLP regulations (<a href="#">7 CFR 210.10</a>).</p> <p><b>Breastmilk:</b> Breastmilk meets the milk component and may be served in place of fluid milk. A written request is not required.</p> <p><b>Other beverages:</b> SFAs cannot offer any other beverages (including water and juice) in place of milk for reimbursable meals in the NSLP and SBP.</p> <p><b>State requirement:</b> In addition to the USDA requirements, all nondairy milk substitutes served in public schools must meet the beverage requirements of C.G.S. <a href="#">Section 10-221q</a>. Nondairy milk substitutes cannot contain artificial sweeteners or more than 4 grams of sugar per fluid ounce, 35 percent of calories from fat, and 10 percent of calories from saturated fat. Products that meet the federal and state requirements are in <a href="#">list 17</a> on the CSDE's <a href="#">List of Acceptable Foods and Beverages</a> webpage.</p> <p><b>Resources:</b>  <a href="#">Allowable Milk Substitutes for Children without Disabilities in the USDA School Nutrition Programs (CSDE)</a>  <a href="#">Beverage Requirements (CSDE webpage)</a>  <a href="#">Determining if Nondairy Beverages Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in School Nutrition Programs (CSDE)</a>  <a href="#">Guide to Meal Modifications in School Nutrition Programs (CSDE)</a>  <a href="#">List of Acceptable Foods and Beverages (CSDE webpage)</a>  <a href="#">USDA Memo SP 07-2010, CACFP 04-2010, and SFSP 05-2010: Questions and Answers: Fluid Milk Substitutions</a></p>	<p><b>Allowable nondairy beverages:</b> Nondairy beverages that are nutritionally equivalent to cow's milk may be served to children with special dietary needs if requested in writing by a parent or guardian. The nutrition standards for fluid milk substitutes are defined by the NSLP regulations (<a href="#">7 CFR 210.10</a>).</p> <p><b>Other beverages:</b> SFAs cannot offer any other beverages (including water and juice) in place of milk for reimbursable meals in the NSLP and SBP.</p> <p><b>State requirement:</b> In addition to the USDA requirements, all nondairy milk substitutes served in public schools must meet the beverage requirements of C.G.S. <a href="#">Section 10-221q</a>. Nondairy milk substitutes cannot contain artificial sweeteners or more than 4 grams of sugar per fluid ounce, 35 percent of calories from fat, and 10 percent of calories from saturated fat. Products that meet the federal and state requirements are in <a href="#">list 17</a> on the CSDE's <a href="#">List of Acceptable Foods and Beverages</a> webpage.</p> <p><b>Resources:</b>  <a href="#">Accommodating Special Diets in School Nutrition Programs (CSDE)</a>  <a href="#">Allowable Milk Substitutes for Children without Disabilities in the USDA School Nutrition Programs (CSDE)</a>  <a href="#">Beverage Requirements (CSDE webpage)</a>  <a href="#">Determining if Nondairy Beverages Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in School Nutrition Programs (CSDE)</a>  <a href="#">Guide to Meal Modifications in School Nutrition Programs (CSDE)</a>  <a href="#">List of Acceptable Foods and Beverages (CSDE webpage)</a>  <a href="#">USDA Memo CACFP 17-2016: Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the CACFP, Q&amp;As</a>  <a href="#">USDA Memo SP 07-2010, CACFP 04-2010, and SFSP 05-2010: Questions and Answers: Fluid Milk Substitutions</a></p>



# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Meat/Meat Alternates Component (MMA)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>MMA1: Serving Size</b>	<p><b>Amount:</b> The preschool meal patterns list the MMA component in ounces. A 1-ounce serving of the MMA component equals:</p> <ul style="list-style-type: none"> <li>• 1 ounce of lean meat, poultry, or fish;</li> <li>• 1 ounce of cheese (low-fat recommended);</li> <li>• 2 ounces of cottage or ricotta cheese, cheese food/spread, or cheese substitute (low-fat recommended);</li> <li>• ¼ cup of cooked beans and peas (legumes), e.g., kidney beans, chick peas (garbanzo beans), lentils, and split peas;</li> <li>• ½ large egg;</li> <li>• 2 tablespoons of nut or seed butters, e.g., peanut butter, almond butter, cashew butter, and sunflower seed butter;</li> <li>• 1 ounce of nuts or seeds, e.g., almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, soy nuts, and walnuts;</li> <li>• ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein;</li> <li>• 1 ounce of tempeh (refer to “<a href="#">MMA6: Tempeh</a>”);</li> <li>• 3 ounces of surimi (refer to “<a href="#">MMA5: Surimi</a>”);</li> <li>• ½ cup (volume) or 4 ounces (weight) of yogurt or soy yogurt containing no more than 3.83 grams of sugars per ounce (refer to “<a href="#">MMA8: Yogurt and Soy Yogurt</a>”); and</li> <li>• 1 ounce of alternate protein product (APP) that meets the USDA’s APP requirements.</li> </ul>	<p><b>Amount:</b> The meal patterns for grades K-12 list the MMA component in ounce equivalents (oz eq). A 1-oz eq serving of the MMA component equals:</p> <ul style="list-style-type: none"> <li>• 1 ounce of lean meat, poultry, or fish;</li> <li>• 1 ounce of cheese (low-fat recommended);</li> <li>• 2 ounces of cottage or ricotta cheese, cheese food/spread, or cheese substitute (low-fat recommended);</li> <li>• ¼ cup of cooked beans and peas (legumes), e.g., kidney beans, chick peas (garbanzo beans), lentils, and split peas;</li> <li>• ½ large egg;</li> <li>• 2 tablespoons of nut or seed butters, e.g., peanut butter, almond butter, cashew butter, and sunflower seed butter;</li> <li>• 1 ounce of nuts or seeds, e.g., almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, soy nuts, and walnuts;</li> <li>• ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein;</li> <li>• 1 ounce of tempeh (refer to “<a href="#">MMA6: Tempeh</a>”);</li> <li>• 3 ounces of surimi (refer to “<a href="#">MMA5: Surimi</a>”);</li> <li>• ½ cup (volume) or 4 ounces (weight) of yogurt or soy yogurt containing no more than 3.83 grams of sugars per ounce (refer to “<a href="#">MMA8: Yogurt and Soy Yogurt</a>”); and</li> <li>• 1 ounce of alternate protein product (APP) that meets the USDA’s APP requirements.</li> </ul>



# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Meat/Meat Alternates Component (MMA)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>MMA1:</b> <b>Serving Size,</b> <i>continued</i>	<p><b>Edible portion:</b> The serving size of the MMA component refers to the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. A serving of the MMA component is sometimes more than a measured ounce, depending on the food's density and nutrition content. Commercial processed MMA products that contain added ingredients (such as combination foods, deli meats, hot dogs, and sausages) do not credit based on weight, i.e., 1 ounce does not equal 1 oz eq of MMA; these foods require a CN label or PFS to document crediting information (refer to "<a href="#">Crediting Documentation</a>" on page 3).</p> <p><b>Resources:</b></p> <p><a href="#">Food Buying Guide Section 1: Overview of Crediting Requirements for the Meat/Meat Alternates Component (USDA)</a></p> <p><a href="#">Food Buying Guide Section 1: Yield Table for Meat/Meat Alternates (USDA)</a></p> <p><a href="#">Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage)</a></p> <p><a href="#">Meat/Meat Alternates Component for Preschoolers (CSDE webpage)</a></p> <p><a href="#">Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs)</a></p>	<p><b>Edible portion:</b> The serving size of the MMA component refers to the edible portion of cooked lean meat portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. An oz eq of the MMA component is sometimes more than a measured ounce, depending on the food's density and nutrition content. Commercial processed MMA products that contain added ingredients (such as combination foods, deli meats, hot dogs, and sausages) do not credit based on weight, i.e., 1 ounce does not equal 1 oz eq of MMA; these foods require a CN label or PFS to document crediting information (refer to "<a href="#">Crediting Documentation</a>" on page 3).</p> <p><b>Resources:</b></p> <p><a href="#">Food Buying Guide Section 1: Overview of Crediting Requirements for the Meat/Meat Alternates Component (USDA)</a></p> <p><a href="#">Food Buying Guide Section 1: Yield Table for Meat/Meat Alternates(USDA)</a></p> <p><a href="#">Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage)</a></p> <p><a href="#">Meat/Meat Alternates Component for Grades K-12 (CSDE webpage)</a></p> <p><a href="#">Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs)</a></p>

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Meat/Meat Alternates Component (MMA)																	
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)															
<b>MMA2:</b> <b>Weekly</b> <b>Ranges for</b> <b>Meat/Meat</b> <b>Alternates</b>	<p><b>Breakfast:</b> The SBP meal pattern does not require the MMA component. No weekly minimums or maximums.</p> <p><b>Lunch:</b> No weekly minimums or maximums.</p>	<p><b>Breakfast:</b> The SBP meal pattern does not require the MMA component. No weekly minimums or maximums.</p> <p><b>Lunch:</b> The lunch meal pattern requires weekly ranges of the MMA component. Menus must provide the minimum. The maximum is not required but provides a guide for planning age-appropriate meals that meet the weekly limits for calories, saturated fats, and sodium (refer to “<a href="#">DS1: Dietary Specifications</a>”).</p> <table border="1"> <thead> <tr> <th colspan="3">Required weekly meat/meat alternate oz eq</th></tr> <tr> <th>Grade group</th><th>Five-day week</th><th>Seven-day week</th></tr> </thead> <tbody> <tr> <td>K-5</td><td>8-10</td><td>11-14</td></tr> <tr> <td>6-8</td><td>9-10</td><td>12½-14</td></tr> <tr> <td>9-12</td><td>10-12</td><td>14-17</td></tr> </tbody> </table> <p><b>Resources:</b>  <a href="#">Meal Patterns for Grades K-12 in School Nutrition Programs</a> (CSDE webpage)  <a href="#">Menu Planning Guide for School Meals for Grades K-12</a> (CSDE)</p>	Required weekly meat/meat alternate oz eq			Grade group	Five-day week	Seven-day week	K-5	8-10	11-14	6-8	9-10	12½-14	9-12	10-12	14-17
Required weekly meat/meat alternate oz eq																	
Grade group	Five-day week	Seven-day week															
K-5	8-10	11-14															
6-8	9-10	12½-14															
9-12	10-12	14-17															

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Meat/Meat Alternates Component (MMA)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>MMA3: Meat/Meat Alternates at Breakfast</b>	<p><b>MMA substitutions:</b> The SBP meal pattern does not require the MMA component. SFAs may substitute the MMA component for the entire grains component at breakfast up to three times per week (regardless of the number of days in the week).</p> <p><b>MMA as extra foods:</b> SFAs may serve MMA as extra foods at breakfast.</p> <p><b>Resources:</b>  <a href="#">Meal Patterns for Preschoolers in School Nutrition Programs</a> (CSDE webpage)  <a href="#">Menu Planning Guide for Preschoolers in the National School Lunch Program and School Breakfast Program</a> (CSDE)  <a href="#">Serving Meat and Meat Alternates at Breakfast</a> (USDA)</p>	<p><b>Meat/meat alternate substitutions:</b> The SBP meal pattern does not require the MMA component. Menu planners may substitute 1 oz eq of MMA for 1 oz eq of grains after offering at least 1 oz eq of grains. For example, a breakfast menu that includes 1 oz eq of whole-grain toast (grains component) may also include 1 oz eq of low-fat cheese (MMA substitution). MMA substitutions count toward the minimum weekly grains (refer to “<a href="#">G3: Weekly Ranges for Grains</a>”) and the weekly dietary specifications (refer to “<a href="#">DS1: Dietary Specifications</a>”).</p> <p><b>MMA as extra foods:</b> SFAs may serve MMA as extra foods at breakfast, within the dietary specifications for the weekly menu (refer to “<a href="#">DS1: Dietary Specifications</a>”).</p> <p><b>Resources:</b>  <a href="#">Meal Patterns for Grades K-12 in School Nutrition Programs</a> (CSDE webpage)  <a href="#">Menu Planning Guide for School Meals for Grades K-12</a> (CSDE)</p>
<b>MMA4: Meat/Meat Alternates at Lunch</b>	The MMA component must be served in a main dish or a main dish and one other food item.	Same
<b>MMA5: Surimi</b>	<p><b>Crediting:</b> A 3-ounce serving of surimi credits as 1 ounce of the MMA component. To credit surimi seafood differently, SFAs must obtain a CN label or manufacturer’s PFS that documents how the crediting is determined (refer to “<a href="#">Crediting Documentation</a>” on page 3).</p> <p><b>Resources:</b>  <a href="#">USDA Memo SP 24-2019, CACFP 11-2019, and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs</a></p>	<p><b>Crediting:</b> A 3-ounce serving of surimi credits as 1 oz eq of the MMA component. To credit surimi seafood differently, SFAs must obtain a CN label or manufacturer’s PFS that documents how the crediting is determined (refer to “<a href="#">Crediting Documentation</a>” on page 3).</p> <p><b>Resources:</b>  <a href="#">USDA Memo SP 24-2019, CACFP 11-2019, and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs</a></p>

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Meat/Meat Alternates Component (MMA)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>MMA6: Tempeh</b>	<p><b>Crediting:</b> A 1-ounce serving of tempeh credits as 1 ounce of the MMA component. This method of crediting applies only to tempeh products whose ingredients are limited to soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs. If a tempeh product contains other ingredients, SFAs must obtain a CN label or manufacturer's PFS that documents how the crediting is determined (refer to "<a href="#">Crediting Documentation</a>" on page 3).</p> <p><b>Resources:</b>  <a href="#">USDA Memo SP 25-2019, CACFP 12-2019, and SFSP 11-2019:</a>            Crediting Tempeh in the Child Nutrition Programs  <a href="#">USDA Webinar: Additional Meat/Meat Alternates Options for CNPs: Crediting Tempeh and Surimi</a></p>	<p><b>Crediting:</b> A 1-ounce serving of tempeh credits as 1 oz eq of the MMA component. This method of crediting applies only to tempeh products whose ingredients are limited to soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs. If a tempeh product contains other ingredients, SFAs must obtain a CN label or manufacturer's PFS that documents how the crediting is determined (refer to "<a href="#">Crediting Documentation</a>" on page 3).</p> <p><b>Resources:</b>  <a href="#">USDA Memo SP 25-2019, CACFP 12-2019, and SFSP 11-2019:</a>            Crediting Tempeh in the Child Nutrition Programs  <a href="#">USDA Webinar: Additional Meat/Meat Alternates Options for CNPs: Crediting Tempeh and Surimi</a></p>
<b>MMA7: Tofu and Tofu Products</b>	<p><b>Crediting:</b> Tofu and tofu products that contain 5 grams of protein in 2.2 ounces by weight (¼ cup) credit as 1 ounce of the MMA component.</p> <p><b>Resources:</b>  <a href="#">Crediting Tofu and Tofu Products in the National School Lunch Program and School Breakfast Program (CSDE)</a>  <a href="#">USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024:</a>            Revised: Crediting Tofu and Soy Yogurt Products in the School Meal Programs, CACFP, and SFSP</p>	<p><b>Crediting:</b> Tofu and tofu products that contain 5 grams of protein in 2.2 ounces by weight (¼ cup) credit as 1 oz eq of the MMA component.</p> <p><b>Resources:</b>  <a href="#">Crediting Tofu and Tofu Products in the National School Lunch Program and School Breakfast Program (CSDE)</a>  <a href="#">USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024:</a>            Revised: Crediting Tofu and Soy Yogurt Products in the School Meal Programs, CACFP, and SFSP</p>

## Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Meat/Meat Alternates Component (MMA)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>MMA8: Yogurt and Soy Yogurt</b>	<p><b>Sugar limit:</b> No more than 23 grams of total sugars per 6 ounces, i.e., <math>\leq 3.83</math> grams per ounce.</p> <p><b>Resources:</b>  <a href="#">Calculating Sugar Limits for Yogurt in the CACFP</a> (USDA)  <a href="#">Choose Yogurts that are Lower in Added Sugars</a> (USDA)  <a href="#">Crediting Yogurt for Preschoolers in the National School Lunch Program and School Breakfast Program</a> (CSDE)</p>	<p><b>Sugar limit:</b> None</p> <p><b>Serving the same yogurt/soy yogurt to preschoolers and grades K-12:</b> The same yogurt or soy yogurt served to preschoolers must meet the preschool sugar limit. The exception is when SFAs choose to use the K-5 meal pattern for preschoolers and grades K-5 who eat in the same service area at the same time (refer to “<a href="#">Preschoolers and grades K-5 eating together in the NSLP, SBP, and SSO</a>” on page 2).</p>

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Vegetables Component and Fruits Component (VF)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>VF1: Components</b>	<p><b>Breakfast:</b> Vegetables and fruits are one component. Schools may serve vegetables, fruits, or both.</p> <p><b>Lunch:</b> Vegetables and fruits are two separate components.</p> <p><b>Resources:</b>  <a href="#">USDA Memo CACFP 09-2017: Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answers</a>  <a href="#">Fruits Component for Preschoolers</a> (CSDE webpage)  <a href="#">Vegetables Component for Preschoolers</a> (CSDE webpage)</p>	<p><b>Breakfast:</b> The SBP meal pattern requires the fruits component and allows optional vegetable substitutions. Through June 30, 2024, any vegetables (including potatoes and other starchy vegetables) may substitute for the fruits component without including vegetables from the other subgroups in weekly menu (refer to “<a href="#">VF2: Vegetable Subgroups</a>”).</p> <p><b>Lunch:</b> Vegetables and fruits are two separate components.</p> <p><b>Resources:</b>  <a href="#">USDA Memo SP 06-2020: School Breakfast Program: Continuation of the Substitution of Vegetables for Fruit Flexibility</a>  <a href="#">Fruits Component for Grades K-12</a> (CSDE webpage)  <a href="#">Vegetables Component for Grades K-12</a> (CSDE webpage)  <a href="#">Vegetable Substitutions at Breakfast</a> ("Related Resources" section of CSDE's Meal Patterns for Grades K-12 in School Nutrition Programs webpage)</p>
<b>VF2: Vegetable Subgroups</b>	<p><b>Breakfast:</b> No requirement.</p> <p><b>Lunch:</b> No requirement.</p> <p><b>Recommendation:</b> The USDA’s <a href="#">CACFP best practices</a> recommend 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, refer to the CSDE’s <a href="#">Vegetable Subgroups in the CACFP</a>.</p> <p><b>Resources:</b>  <a href="#">Vegetable Subgroups in the CACFP</a> (CSDE)  <a href="#">USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP</a>  <a href="#">USDA Memo CACFP 25-2016: Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answers</a></p>	<p><b>Breakfast:</b> No requirement.</p> <p><b>Lunch:</b> SFAs must offer specific amounts of the five vegetable subgroups each week, including dark green vegetables, red/orange vegetables, beans and peas, starchy vegetables, and other vegetables. For more information, refer to the CSDE’s <a href="#">Vegetable Subgroups in the NSLP</a>.</p> <p><b>Resources:</b>  <a href="#">Meal Patterns for Grades K-12 in School Nutrition Programs</a> (CSDE webpage)  <a href="#">Vegetable Subgroups in the NSLP</a> (CSDE)</p>

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Vegetables Component and Fruits Component (VF)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>VF3: Crediting Vegetables and Fruits</b>	<p><b>Crediting amounts:</b> All vegetables and fruits credit based on the served volume (cups), except for dried fruits and raw leafy greens.</p> <ul style="list-style-type: none"> <li>• <b>Dried fruits:</b> Credit as twice the amount served, e.g., ¼ cup of equals ½ cup of the fruits component. Examples of dried fruits include raisins, apricots, dried cherries, dried cranberries, dried blueberries, mixed dried fruit, and dried coconut.</li> <li>• <b>Raw leafy greens:</b> Credit as half the amount served, e.g., 1 cup equals ½ cup of the vegetables component. Examples of raw leafy greens include kale, greens (e.g., beet, collard, mustard, and turnip), spinach, arugula, and lettuce such as iceberg, romaine, Boston, Bibb, red leaf, and spring mix.</li> </ul> <p><b>Resources:</b>  <a href="#">Food Buying Guide Section 2: Overview of Crediting Requirements for the Vegetables Component (USDA)</a>  <a href="#">Food Buying Guide Section 2: Yield Table for Vegetables (USDA)</a>  <a href="#">Food Buying Guide Section 3: Overview of Crediting Requirements for the Fruits Component (USDA)</a>  <a href="#">Food Buying Guide Section 3: Yield Table for Fruits (USDA)</a>  <a href="#">Fruits Component for Preschoolers (CSDE)</a>  <a href="#">Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA)</a>  <a href="#">Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs)</a>  <a href="#">Vegetables Component for Preschoolers (CSDE)</a></p>	Same



## Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Vegetables Component and Fruits Component (VF)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>VF4: Coconut</b>	<p><b>Fresh and frozen coconut:</b> Credit as the fruits component based on the volume served. For example, 1/8 cup of fresh or frozen coconut credits as 1/8 cup of the fruits component. The minimum serving is 1/8 cup.</p> <p><b>Dried coconut:</b> Credits the same as other dried fruits. Dried fruits credit as twice the volume served (refer to “<a href="#">VF3: Crediting Vegetables and Fruits</a>”).</p> <p><b>Coconut water:</b> Juices labeled as 100 percent juice, including coconut water, credit toward the fruits component based on the volume served. SFAs must count coconut water with all other juices toward the daily juice limit (refer to “<a href="#">VF5: Full-strength (100%) juice</a>”).</p> <p><b>Crediting considerations:</b> Menu planners should consider coconut’s high caloric and saturated fat content, which may limit its frequency in school menus. Coconut flour, coconut oil, and coconut milk do not credit.</p> <p><b>Noncreditable coconut products:</b> Coconut flour, coconut oil, and coconut milk.</p> <p><b>Resources:</b>  <a href="#">USDA Memo SP 34-2019</a>, <a href="#">CACFP 15-2019</a>, and <a href="#">SFSP 15-2019</a>: <i>Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs</i>:</p>	Same

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Vegetables Component and Fruits Component (VF)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>VF5:</b> <b>Full-strength (100%) Juice</b>	<p><b>Juice limit for all meals and snacks:</b> Juice may count toward the entire vegetables component or fruits component at only one meal or ASP snack per day, between all meals and snacks served to preschoolers. The juice limit includes fruit and vegetable juice, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. The juice from canned fruit counts toward the juice limit if the menu planner credits the juice toward the fruits component or the vegetables component.</p> <p><b>Juice from canned fruit:</b> The juice from canned fruit counts toward the juice limit if the menu planner credits the juice toward the fruits component. Juice from canned fruit does not count toward the weekly juice limit when it is planned an extra food. For example, the juice from canned fruit does not count toward the juice limit if food service personnel portion ½ cup of canned fruit in a 5½-ounce container and add the juice <i>after</i> measuring the full ½-cup serving of fruit. Drained canned fruit and canned fruit in light syrup or water do not count toward the juice limit.</p> <p><b>Best practice:</b> The USDA's <a href="#">CACFP best practices</a> recommend serving a variety of fruits and choosing whole fruits (fresh, canned, dried, or frozen) more often than juice.</p> <p><b>Resources:</b>  <a href="#">Crediting Juice for Preschoolers in the National School Lunch Program and School Breakfast Program (CSDE)</a>  <a href="#">Crediting Smoothies for Preschoolers in the National School Lunch Program and School Breakfast Program (CSDE)</a>  <a href="#">USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP</a>  <a href="#">USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Crediting of Smoothies in Child Nutrition Programs</a></p>	<p><b>Fruit juice limit at lunch:</b> Fruit juice cannot exceed half of the weekly amount (cups) of fruits offered at lunch. The juice limit includes fruit juice, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. The juice from canned fruit counts toward the juice limit if the menu planner credits the juice toward the fruits component or the vegetables component.</p> <p><b>Vegetable juice limit at lunch:</b> Vegetable juice cannot exceed half of the weekly amount (cups) of vegetables offered at lunch. The juice limit includes vegetable juice, frozen pops made from 100 percent juice, and pureed vegetables in smoothies.</p> <p><b>Juice limit at breakfast:</b> Fruit juice together with vegetable juice (including fruit/vegetable juice blends) cannot exceed half of the total amount (cups) of fruits and vegetables offered at breakfast during the week.</p> <p><b>Juice from canned fruit:</b> The juice from canned fruit counts toward the juice limit if the menu planner credits the juice toward the fruits component. Juice from canned fruit does not count toward the weekly juice limit when it is planned an extra food. For example, the juice from canned fruit does not count toward the weekly juice limit if food service personnel portion ½ cup of canned fruit in a 5½-ounce container and add the juice <i>after</i> measuring the full ½-cup serving of fruit. Drained canned fruit and canned fruit in light syrup or water do not count toward the juice limit.</p> <p><b>Resources:</b>  <a href="#">Crediting Juice for Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE)</a>  <a href="#">Crediting Smoothies for Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE)</a>  <a href="#">USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Crediting of Smoothies in Child Nutrition Programs</a></p>

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Grains Component (G)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>G1: Creditable Grains</b>	<p><b>Creditable grains:</b> Whole grains, enriched grains, bran, and germ. Bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran) and germ (such as wheat germ) credit the same as enriched grains.</p> <p><b>Corn:</b> Commercial corn products such as tortilla chips, taco shells, and tamales credit as whole grains if the product is labeled “whole grain,” or the corn ingredient is nixtamalized (treated with lime). Nixtamalization is the process of soaking and cooked dried corn in an alkaline (slaked lime) solution. This process results in a product with similar nutrition to whole-grain corn.</p> <p><b>Hominy, corn masa, and masa harina:</b> Ingredients labeled as hominy, corn masa, or masa harina are nixtamalized, and therefore credit as whole grains. However, cornmeal and corn flour do not credit unless they are whole grain, enriched, or nixtamalized. If the product’s ingredients statement does not provide sufficient information, SFAs must obtain a PFS from the manufacturer to document that cornmeal and corn flour ingredients meet one of these requirements (refer to “<a href="#">Crediting Documentation</a>” on page 3).</p> <p><b>Resources:</b>  <a href="#">Child Care Worksheet 1: Crediting Commercial Grains in the Child and Adult Care Food Program</a> (CSDE)  <a href="#">Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the Child and Adult Care Food Program</a> (CSDE)  <a href="#">Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the Child and Adult Care Food Program</a> (CSDE)  <a href="#">Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the Child and Adult Care Food Program</a> (CSDE)  <a href="#">Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the Child and Adult Care Food Program</a> (CSDE)</p>	<p>Same.</p> <p><b>Resources:</b>  <a href="#">Crediting Enriched Grains in the National School Lunch Program and School Breakfast Program</a> (CSDE)  <a href="#">Crediting Whole Grains in the National School Lunch Program and School Breakfast Program</a> (CSDE)  <a href="#">Grains Component for Grades K-12</a> (CSDE webpage)  <a href="#">Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12</a> (CSDE)  <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs</a> (USDA)  <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample</a> (USDA)  <a href="#">USDA Memo SP 34-2019, CACFP 15-2019, and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs</a>  <a href="#">USDA Memo SP 05-2022: Meal Requirements Under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators Updated to Support the Transitional Standards for Milk, Whole Grains, and Sodium Effective July 1, 2022</a>  <a href="#">When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs</a> (CSDE)</p>

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Grains Component (G)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>G1:</b> <b>Creditable</b> <b>Grains,</b> <i>continued</i>	<a href="#">Crediting Enriched Grains in the National School Lunch Program and School Breakfast Program (CSDE)</a> <a href="#">Crediting Whole Grains in the National School Lunch Program and School Breakfast Program (CSDE)</a> <a href="#">Grains Component for Preschoolers (CSDE webpage)</a> <a href="#">How to Identify Creditable Grains for Preschoolers in the National School Lunch Program and School Breakfast Program (CSDE)</a> <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA)</a> <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA)</a> <a href="#">USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</a> <a href="#">USDA Memo SP 34-2019, CACFP 15-2019, and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs</a> <a href="#">When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)</a>	

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

## G2: Serving Size

**Required amounts:** The required quantities for the grains component are in ounce equivalents (oz eq). Oz eq are a unit of measure that indicates the contribution of a given serving size toward the grains component of the NSLP and SBP meal patterns. One ounce equivalent provides 16 grams of credible grains. The amount of a grain food that provides 1 ounce equivalent varies because different types of foods contain different amounts of creditable grains. The required preschool amount is ½ oz eq.

**Methods to determine oz eq:** The USDA allows two methods for determining the oz eq of creditable grain products and recipes. Method 1 is used for commercial grain products and may also be used for standardized recipes that indicate the weight of the prepared (cooked) serving. Method 2 is used for standardized recipes and may also be used for commercial grain products that have a PFS stating the weight of creditable grains per serving (refer to “[Crediting Documentation](#)” on page 3). SFAs may use either method but must document how the crediting information was obtained.

- **Method 1** uses the amount for the appropriate grain group in the USDA’s chart, [Exhibit A: Grain Requirements for Child Nutrition Programs](#). Exhibit A provides minimum weights (groups A-E) and volumes (groups H-I) for nine groups of grain foods, based on the average grain content of similar products. The CSDE’s [Grain Ounce Equivalents for Preschoolers in the National School Lunch Program and School Breakfast Program](#) lists the Exhibit A oz eq that apply to the preschool meal patterns. Groups F and G (grain-based desserts) are not included because grain-based desserts do not credit as the grains component in the preschool meal patterns. Refer to the CSDE’s [How to Use the Grain Ounce Equivalents Chart for the National School Lunch Program and School Breakfast Program](#).

**Required amounts:** The required quantities for the grains component are in ounce equivalents (oz eq). Oz eq are a unit of measure that indicates the contribution of a given serving size toward the grains component of the NSLP and SBP meal patterns. One ounce equivalent provides 16 grams of credible grains. The amount of a grain food that provides 1 ounce equivalent varies because different types of foods contain different amounts of creditable grains.

**Methods to determine oz eq:** The USDA allows two methods for determining the oz eq of creditable grain products and recipes. Method 1 is used for commercial grain products and may also be used for standardized recipes that indicate the weight of the prepared (cooked) serving. Method 2 is used for standardized recipes and may also be used for commercial grain products that have a PFS stating the weight of creditable grains per serving (refer to “[Crediting Documentation](#)” on page 3). SFAs may use either method but must document how the crediting information was obtained.

- **Method 1** uses the amount for the appropriate grain group in the USDA’s chart, [Exhibit A: Grain Requirements for Child Nutrition Programs](#). Exhibit A provides minimum weights (groups A-G) and volumes (groups H-I) for nine groups of grain foods, based on the average grain content of similar products. The CSDE’s [Grain Ounce Equivalents for Grades K-12 in the National School Lunch Program and School Breakfast Program](#) lists the Exhibit A oz eq that apply to the NSLP and SBP meal patterns for grades K-12. Refer to the CSDE’s [How to Use the Grain Ounce Equivalents Chart for the National School Lunch Program and School Breakfast Program](#).

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

## Grains Component (G)

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>G2:</b> <b>Serving Size,</b> <i>continued</i>	<ul style="list-style-type: none"> <li><b>Method 2</b> calculates the total weight (grams) of creditable grains (whole and enriched) per manufacturer's serving or recipe serving. <b>To credit as ½ oz eq of an enriched grain</b>, foods in groups A-E must contain 8 grams of creditable grains; and foods in group H must contain 14 grams of creditable grains. <b>To credit as ½ oz eq of a WGR food</b>, foods in groups A-E must contain 8 grams of creditable grains (including at least 4 grams of whole grains); and foods in group H must contain 14 grams of creditable grains (including at least 7 grams of whole grains). Required documentation for method 2 is a PFS for commercial products that states the weight of creditable grains per serving or a standardized recipe for foods prepared from scratch that lists the weight of creditable grains (refer to "<a href="#">Crediting Documentation</a>" on page 3).</li> </ul> <p>For detailed guidance on both methods, refer to the CSDE's <i>Calculation Methods for Grain Ounce Equivalents for Preschoolers in the National School Lunch Program and School Breakfast Program</i> and <i>How to Use the Grain Ounce Equivalents Chart for the National School Lunch Program and School Breakfast Program</i>, and module 13 of the CSDE's training program, <i>What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12</i>.</p> <p><b>When method 2 is required:</b> There are specific situations when SFAs must use method 2 (instead of the USDA's Exhibit A chart) to determine the oz eq for commercial grain products (refer to the CSDE's <i>When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs</i>).</p>	<ul style="list-style-type: none"> <li><b>Method 2</b> calculates the total weight (grams) of creditable grains (whole and enriched) per manufacturer's serving or recipe serving. <b>To credit as 1 oz eq of an enriched grain</b>, foods in groups A-E must contain 16 grams of creditable grains and noncreditable grains cannot exceed 3.99 grams per portion; and foods in group H must contain 28 grams of creditable grains and noncreditable grains cannot exceed 6.99 grams per portion. <b>To credit as 1 oz eq of a WGR food</b>, foods in groups A-E must contain 16 grams of creditable grains (including at least 8 grams of whole grains) and noncreditable grains cannot exceed 3.99 grams per portion; and foods in group H must contain 28 grams of creditable grains (including at least 14 grams of whole grains) and noncreditable grains cannot exceed 6.99 grams per portion. Required documentation for method 2 is a PFS for commercial products that states the weight of creditable grains per serving or a standardized recipe for foods prepared from scratch that lists the weight of creditable grains (refer to "<a href="#">Crediting Documentation</a>" on page 3).</li> </ul> <p>For detailed guidance on both methods, refer to the CSDE's <i>Calculation Methods for Grain Ounce Equivalents for Grades K-12 in the National School Lunch Program and School Breakfast Program</i> and module 13 of the CSDE's training program, <i>What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12</i>.</p> <p><b>When method 2 is required:</b> There are specific situations when SFAs must use method 2 (instead of the USDA's Exhibit A chart) to determine the grain oz eq for commercial products (refer to the CSDE's <i>When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs</i>).</p>



# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Grains Component (G)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>G2:</b> <b>Serving Size,</b> <i>continued</i>	<b>Resources:</b> <a href="#">Calculation Methods for Grain Servings for Preschoolers in the National School Lunch Program and School Breakfast Program (CSDE)</a> <a href="#">Child Care Worksheet 1: Crediting Commercial Grains in the Child and Adult Care Food Program (CSDE)</a> <a href="#">Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the Child and Adult Care Food Program (CSDE)</a> <a href="#">Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the Child and Adult Care Food Program (CSDE)</a> <a href="#">Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the Child and Adult Care Food Program (CSDE)</a> <a href="#">Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the Child and Adult Care Food Program (CSDE)</a> <a href="#">Exhibit A: Grain Requirements for Child Nutrition Programs (USDA)</a> <a href="#">Grain Ounce Equivalents for Preschoolers in the National School Lunch Program and School Breakfast Program (CSDE)</a> <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA)</a> <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA)</a> <a href="#">Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs)</a> <a href="#">When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)</a> <a href="#">Webinar: Exhibit A Grains Tool to the Rescue (USDA)</a> <a href="#">Webinar: How to Maximize the Exhibit A Grains Tool (USDA)</a>	<b>Resources:</b> <a href="#">Calculation Methods for Grain Ounce Equivalents for Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE)</a> <a href="#">Exhibit A: Grain Requirements for Child Nutrition Programs (USDA)</a> <a href="#">Grain Ounce Equivalents for Grades K-12 in School Nutrition Programs (CSDE)</a> <a href="#">How to Use the Grain Ounce Equivalents Chart for the National School Lunch Program and School Breakfast Program (CSDE)</a> <a href="#">Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage)</a> <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA)</a> <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA)</a> <a href="#">Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs)</a> <a href="#">USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)</a> <a href="#">Whole Grain Resource for the National School Lunch and School Breakfast Programs (USDA)</a> <a href="#">Webinar: Exhibit A Grains Tool to the Rescue (USDA)</a> <a href="#">Webinar: How to Maximize the Exhibit A Grains Tool (USDA)</a>



# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

## Grains Component (G)

Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)																														
<b>G3:</b> Weekly Ranges for Grains	<b>Weekly requirement:</b> None	<p><b>Weekly requirement:</b> The lunch and breakfast meal patterns require weekly ranges for the grains component. Menus are not required to comply with the maximums but must meet the minimums and stay within the weekly calorie range for each age group. The weekly maximum provides a guide for planning age-appropriate meals that meet the dietary specifications for calories, saturated fat, and sodium (refer to “<a href="#">DS1: Dietary Specifications</a>”).</p> <table border="1"> <thead> <tr> <th colspan="3">Required weekly grain oz eq at breakfast</th></tr> <tr> <th>Grade group</th><th>Five-day week</th><th>Seven-day week</th></tr> </thead> <tbody> <tr> <td>K-5</td><td>7-10</td><td>10-14</td></tr> <tr> <td>6-8</td><td>8-10</td><td>11-14</td></tr> <tr> <td>9-12</td><td>9-10</td><td>12½-14</td></tr> </tbody> </table> <table border="1"> <thead> <tr> <th colspan="3">Required weekly grain oz eq at lunch</th></tr> <tr> <th>Grade group</th><th>Five-day week</th><th>Seven-day week</th></tr> </thead> <tbody> <tr> <td>K-5</td><td>8-9</td><td>11-12½</td></tr> <tr> <td>6-8</td><td>8-10</td><td>11-14</td></tr> <tr> <td>9-12</td><td>10-12</td><td>14-17</td></tr> </tbody> </table> <p><b>Resources:</b>  <a href="#">Meal Patterns for Grades K-12 in School Nutrition Programs</a> (CSDE webpage)  <a href="#">Menu Planning Guide for School Meals for Grades K-12</a> (CSDE)</p>	Required weekly grain oz eq at breakfast			Grade group	Five-day week	Seven-day week	K-5	7-10	10-14	6-8	8-10	11-14	9-12	9-10	12½-14	Required weekly grain oz eq at lunch			Grade group	Five-day week	Seven-day week	K-5	8-9	11-12½	6-8	8-10	11-14	9-12	10-12	14-17
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## Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Grains Component (G)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>G4: WGR Requirement</b>	<p><b>Frequency:</b> At least one serving per day must be WGR, between all meals and ASP snacks served to preschoolers. The USDA’s <a href="#">CACFP best practices</a> recommend at least two servings of WGR grains per day.</p> <p><b>Documentation:</b> SFAs must maintain documentation to indicate that 1) preschool menus contain at least one WWGR serving per day; and 2) grain foods counted toward the daily WGR requirement meet the preschool WGR criteria. Documentation of the WGR criteria includes a PFS for commercial foods and a standardized recipe for foods made from scratch (refer to “<a href="#">Crediting Documentation</a>” on page 3).</p> <p><b>Best practice:</b> Serve only WGR grains and serve 100 percent whole grains most often.</p>	<p><b>Frequency:</b> At least 80 percent of the weekly grains offered at lunch must be WGR. At least 80 percent of the weekly grains offered at breakfast must be WGR. Grains that are not WGR must be enriched and cannot exceed 20 percent of all grains offered during the week.</p> <p><b>Documentation:</b> SFAs must maintain documentation to indicate that 1) at least 80 percent of the weekly grains offered in school meals are WGR (refer to the CSDE’s <a href="#">Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the National School Lunch Program and School Breakfast Program</a>); and 2) grain foods counted toward the 80 percent WGR requirement meet the WGR criteria. Documentation of the WGR criteria includes a PFS for commercial foods and a standardized recipe for foods made from scratch (refer to “<a href="#">Crediting Documentation</a>” on page 3).</p> <p><b>Best practice:</b> Serve only WGR grains and serve 100 percent whole grains most often.</p>

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Grains Component (G)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>G4:</b> <b>WGR</b> <b>Requirement,</b> <i>continued</i>	<b>Resources:</b> <a href="#">Adding Whole Grains to Your CACFP Menu (USDA)</a> <a href="#">Crediting Commercial Processed Products in Preschool Menus (CSDE webpage)</a> <a href="#">Crediting Enriched Grains in the National School Lunch Program and School Breakfast Program (CSDE)</a> <a href="#">Crediting Foods Prepared on Site in Preschool Menus (CSDE webpage)</a> <a href="#">Crediting Whole Grains in the National School Lunch Program and School Breakfast Program (CSDE)</a> <a href="#">Guide to Meeting the Whole Grain-rich Requirement for the CACFP (CSDE)</a> <a href="#">USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP</a> <a href="#">USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</a> <a href="#">Whole Grain-rich Requirement for Preschoolers (CSDE webpage)</a>	<b>Resources:</b> <a href="#">Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the National School Lunch Program and School Breakfast Program (CSDE)</a> <a href="#">Crediting Commercial Processed Products for Grades K-12 in School Nutrition Programs (CSDE webpage)</a> <a href="#">Crediting Enriched Grains in the National School Lunch Program and School Breakfast Program (CSDE)</a> <a href="#">Crediting Foods Prepared on Site for Grades K-12 in School Nutrition Programs (CSDE webpage)</a> <a href="#">Crediting Whole Grains in the National School Lunch Program and School Breakfast Program (CSDE)</a> <a href="#">Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE)</a> <a href="#">USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program</a> <a href="#">Whole Grain-rich Requirement for Grades K-12 (CSDE webpage)</a> <a href="#">Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in School Lunch and Breakfast Menus for Grades K-12 (CSDE)</a>

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Grains Component (G)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>G5: WGR Criteria</b>	<p><b>Commercial grain products in groups A-G (e.g., breads, muffins, pancakes, and crackers) and group H (e.g., rice, pasta, quinoa, and cooked breakfast cereals):</b> Commercial products must meet the “Rule of Three,” which applies only to the preschool meal pattern (refer to the CSDE’s <a href="#">Guide to Meeting the Whole Grain-rich Requirement for the CACFP</a>). The first ingredient must be a whole grain (or water is the first ingredient and a whole grain is the next ingredient), and the next two grain ingredients (if any) are whole, enriched, bran, or germ. The preschool WGR criteria do not require a specific limit for noncreditable grains.</p> <p><b>RTE breakfast cereals (group I):</b> refer to “<a href="#">G9: WGR Criteria for Breakfast Cereals</a>.”</p> <p><b>Foods made from scratch:</b> The weight of whole grains in the SFA’s standardized recipe must be equal to or more than the combined weight of the other creditable grains (enriched grains, bran, and germ).</p> <p><b>Serving the same WGR foods to preschoolers and grades K-12:</b> Grain foods that meet the WGR criteria for grades K-12 will meet the preschool WGR criteria. However, grain foods that meet the preschool WGR criteria may or may not meet the WGR criteria for grades K-12. The same grain foods served to preschoolers and grades K-5 must meet the WGR criteria for grades K-12, and the same breakfast cereals must meet the preschool sugar limit (refer to “<a href="#">G8: Crediting Criteria for Breakfast Cereals</a>”).</p>	<p><b>Commercial grain products in groups A-G (e.g., breads, muffins, pancakes, and crackers) and group H (e.g., rice, pasta, quinoa, and cooked breakfast cereals):</b> Two WGR criteria: 1) must contain 100 percent whole grain or a blend of whole and enriched grains that is at least 50 percent whole grain; and 2) noncreditable grains cannot exceed 3.99 grams per portion for groups A-G or 6.99 grams per portion for group H.</p> <p><b>RTE breakfast cereals (group I):</b> refer to “<a href="#">G9: WGR Criteria for Breakfast Cereals</a>.”</p> <p><b>Foods made from scratch:</b> The weight of whole grains in the SFA’s standardized recipe must be equal to or more than the combined weight of the other creditable grains (enriched grains, bran, and germ). Noncreditable grains cannot exceed 3.99 grams per portion for groups A-G or 6.99 grams per portion for groups H-I.</p> <p><b>Serving the same WGR foods to preschoolers and grades K-12:</b> Grain foods that meet the WGR criteria for grades K-12 will meet the preschool WGR criteria. However, grain foods that meet the preschool WGR criteria may or may not meet the WGR criteria for grades K-12. The same grain foods served to preschoolers and grades K-5 must meet the WGR criteria for grades K-12, and the same breakfast cereals must meet the preschool sugar limit (refer to “<a href="#">G8: Crediting Criteria for Breakfast Cereals</a>”).</p>

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Grains Component (G)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>G5:</b> <b>WGR Criteria,</b> <i>continued</i>	<b>Resources:</b> <a href="#">Child Care Worksheet 1: Crediting Commercial Grains in the Child and Adult Care Food Program (CSDE)</a> <a href="#">Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the Child and Adult Care Food Program (CSDE)</a> <a href="#">Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the Child and Adult Care Food Program (CSDE)</a> <a href="#">Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the Child and Adult Care Food Program (CSDE)</a> <a href="#">Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the Child and Adult Care Food Program (CSDE)</a> <a href="#">Crediting Enriched Grains in the National School Lunch Program and School Breakfast Program (CSDE)</a> <a href="#">Crediting Whole Grains in the National School Lunch Program and School Breakfast Program (CSDE)</a> <a href="#">Guide to Meeting the Whole Grain-rich Requirement for the CACFP (CSDE)</a> <a href="#">How to Spot Whole Grain-Rich Foods for the CACFP (USDA)</a> <a href="#">Identifying Whole Grain-rich Foods for the CACFP (USDA)</a> <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA)</a> <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA)</a> <a href="#">USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</a> <a href="#">USDA Memo SP 34-2019, CACFP 15-2019, and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs</a> <a href="#">When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)</a> <a href="#">Whole Grain-rich Requirement for Preschoolers (CSDE webpage)</a>	<b>Resources:</b> <a href="#">Crediting Enriched Grains in the National School Lunch Program and School Breakfast Program (CSDE)</a> <a href="#">Crediting Whole Grains in the National School Lunch Program and School Breakfast Program (CSDE)</a> <a href="#">Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE)</a> <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA)</a> <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA)</a> <a href="#">Tools for Schools: Serving WGR (USDA website)</a> <a href="#">USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program</a> <a href="#">USDA Memo SP 34-2019, CACFP 15-2019, and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs</a> <a href="#">When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)</a> <a href="#">Whole Grain Resource for the National School Lunch and School Breakfast Programs (USDA)</a> <a href="#">Whole Grain-rich Requirement for Grades K-12 (CSDE webpage)</a>

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Grains Component (G)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>G6:</b> <b>Enriched Grain Products</b> , e.g., enriched white bread, enriched crackers, enriched white rice, enriched cream of wheat cereal, and enriched corn grits	<p><b>Crediting:</b> Enriched grain products credit as the grains component but at least one grain menu item per day must be WGR (refer to “G4: WGR Requirement”).</p> <p><b>Resources:</b>  <a href="#">ASP Meal Pattern for Preschoolers (CSDE)</a>  <a href="#">Crediting Enriched Grains in the National School Lunch Program and School Breakfast Program (CSDE)</a>  <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA)</a>  <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA)</a>  <a href="#">USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</a>  <a href="#">When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)</a>  <a href="#">Whole Grain-rich Criteria for Preschoolers in the National School Lunch Program and School Breakfast Program (CSDE)</a> </p>	<p><b>Crediting:</b> Enriched grain products may credit for up to 20 percent of all grains offered at lunch and up to 20 percent of all grains offered at breakfast (refer to “G4: WGR Requirement”). Enriched grains must comply with the limit for noncreditable grains: no more than 3.99 grams per portion for groups A-G and no more than 6.99 grams per portion for groups H-I.</p> <p><b>Resources:</b>  <a href="#">Crediting Enriched Grains in the National School Lunch Program and School Breakfast Program (CSDE)</a>  <a href="#">Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE)</a>  <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA)</a>  <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA)</a>  <a href="#">USDA Memo SP 05-2022: Meal Requirements Under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators Updated to Support the Transitional Standards for Milk, Whole Grains, and Sodium Effective July 1, 2022</a>  <a href="#">When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)</a> </p>

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Grains Component (G)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>G7:</b> <b>Grain-based Desserts</b>	<p><b>Restrictions at breakfast, lunch, and snack:</b> Grain-based desserts do not credit in preschool meals and ASP snacks.</p> <p><b>Examples of grain-based desserts:</b> Breakfast bars, brownies, cakes (including cupcakes and coffee cakes), cereal bars, cinnamon rolls, cinnamon streusel quick breads, cookies (all kinds, including vanilla wafers), doughnuts, gingerbread, granola bars, ice cream cones, marshmallow cereal treats, pastries (e.g., cinnamon buns, Danish, eclairs, sweet buns, sweet rolls, and toaster pastries) piecrusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), sweet biscotti (such as those made with fruits, chocolate, or icing) sweet bread pudding, sweet croissants (e.g., chocolate filled), sweet scones (e.g., blueberry, raisin, and orange cranberry), and rice pudding.</p> <p><b>Examples of foods that are not grain-based desserts:</b> Muffins, quick breads, e.g., banana bread and zucchini bread (except for cinnamon streusel), cornbread, pancakes, waffles, French toast, savory scones (such as cheese and herb), and piecrusts in entrees such as quiche, meat pies, and chicken potpie, and sweet crackers, e.g., graham crackers and animal crackers. <b>Note:</b> The USDA encourages preschool menus to limit sweet crackers because of their higher sugar content. The CSDE recommends not serving sweet crackers more than twice per week, between all meals and ASP snacks served to preschoolers.</p>	<p><b>Restrictions at breakfast:</b> Only certain types of grain-based desserts credit at breakfast (refer to the CSDE’s <i>Crediting Grain-based Desserts in the School Nutrition Programs</i>). The inclusion of grain-based desserts cannot cause the menu to exceed the weekly dietary specifications (nutrition standards), i.e., limits for calories, saturated fat, and sodium. The CSDE recommends limiting grain-based desserts to no more than twice per week and serving whole grains instead. Grain-based desserts often contain more solid fats and added sugars than traditional grains.</p> <p><b>Restrictions at lunch:</b> Grain-based desserts cannot exceed 2 oz eq per week. Grain-based desserts served as extra menu items are included in this limit and must fit within the weekly dietary specifications (refer to “<a href="#">DS1: Dietary Specifications</a>”).</p> <p><b>Examples of grain-based desserts:</b> Sweet crackers (graham crackers and animal crackers), brownies, cookies, cakes, coffee cakes, cinnamon streusel quick breads, piecrusts in sweet pies (e.g., apple and blueberry), cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, sweet scones (e.g., blueberry and raisin), rice pudding, and sweet bread pudding. The CSDE’s <i>Grain Ounce Equivalents for Grades K-12 in the National School Lunch Program and School Breakfast Program</i> indicates grain-based desserts in red with the footnote 1 (allowed for lunch and breakfast) or 2 (allowed only for lunch). For additional guidance, refer to the CSDE’s <i>Crediting Grain-based Desserts in the School Nutrition Programs</i>.</p> <p><b>Examples of foods that are not grain-based desserts:</b> Muffins, quick breads, e.g., banana bread and zucchini bread (except for cinnamon streusel), cornbread, pancakes, waffles, French toast, savory scones (such as cheese and herb), and piecrusts in entrees such as quiche, meat pies, and chicken potpie.</p>



## Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Grains Component (G)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>G7:</b> <b>Grain-based Desserts,</b> <i>continued</i>	<b>Resources:</b> <a href="#">Grain-based Desserts in the CACFP</a> (USDA) <a href="#">Grain Ounce Equivalents for Preschoolers in the National School Lunch Program and School Breakfast Program</a> (CSDE) <a href="#">Meal Patterns for Preschoolers in School Nutrition Programs</a> (CSDE webpage) <a href="#">USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</a> <a href="#">USDA Memo CACFP 16-2017: Grain-based Desserts in the Child and Adult Care Food Program</a>	<b>Resources:</b> <a href="#">Crediting Grain-based Desserts in the School Nutrition Programs</a> (CSDE) <a href="#">Grain Ounce Equivalents for Grades K-12 in School Nutrition Programs</a> (CSDE) <a href="#">Meal Patterns for Grades K-12 in School Nutrition Programs</a> (CSDE webpage) <a href="#">USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program</a> <a href="#">USDA Memo SP 38-2019: Meal Requirements under the National School Lunch Program and School Breakfast Program: Q&amp;As for Program Operators</a>

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Grains Component (G)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>G8: Crediting Criteria for Breakfast Cereals</b>	<p><b>Allowable types:</b> Ready-to-eat (RTE) cereals in group I and cooked cereals in group H, such as oatmeal (including regular and instant) and cream of wheat.</p> <p><b>Crediting criteria:</b> 1) The first ingredient must be a creditable grain, or the cereal must be fortified; and 2) the serving cannot exceed the sugar limit (refer to “<a href="#">G11: Sugar Limit for Breakfast Cereals</a>”). The serving must provide the required volume or weight (refer to “<a href="#">G10: Serving Size for Breakfast Cereals</a>”).</p> <p><b>Resources:</b>  <a href="#">Child Care Worksheet 2: Crediting Ready-to-eat (RTE) Breakfast Cereals in the Child and Adult Care Food Program (CSDE)</a>  <a href="#">Child Care Worksheet 3: Crediting Cooked Breakfast Cereals in the Child and Adult Care Food Program (CSDE)</a>  <a href="#">Crediting Breakfast Cereals for Preschoolers in the National School Lunch Program and School Breakfast Program (CSDE)</a>  <a href="#">Crediting Enriched Grains in the National School Lunch Program and School Breakfast Program (CSDE)</a>  <a href="#">Crediting Whole Grains in the National School Lunch Program and School Breakfast Program (CSDE)</a>  <a href="#">How to Identify Creditable Grains for Preschoolers in the National School Lunch Program and School Breakfast Program (CSDE)</a>  <a href="#">USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</a></p>	<p><b>Allowable types:</b> Same.</p> <p><b>Crediting criteria:</b> 1) Must be WGR (refer to “<a href="#">G9: WGR Criteria for Breakfast Cereals</a>”), enriched, or fortified; and 2) cannot exceed 6.99 grams of noncreditable grains per portion. The serving must provide the required volume or weight (refer to “<a href="#">G10: Serving Size for Breakfast Cereals</a>”).</p> <p><b>Resources:</b>  <a href="#">Crediting Breakfast Cereals for Grades K-12 in the National School Lunch Program and School Breakfast Program and SBP (CSDE)</a>  <a href="#">Crediting Enriched Grains in the National School Lunch Program and School Breakfast Program (CSDE)</a>  <a href="#">Crediting Whole Grains in the National School Lunch Program and School Breakfast Program (CSDE)</a>  <a href="#">USDA Final Rule (83 FR 63775): Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements</a>  <a href="#">USDA Memo SP 05-2022: Meal Requirements Under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators Updated to Support the Transitional Standards for Milk, Whole Grains, and Sodium Effective July 1, 2022</a></p>

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Grains Component (G)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>G9: WGR Criteria for Breakfast Cereals</b>	<p><b>RTE breakfast cereals (group I):</b> 1) The first ingredient must be a whole grain and the cereal must be fortified, or the cereal must be 100 percent whole grain; and 2) the cereal cannot exceed the sugar limit (refer to “<a href="#">G11: Sugar Limit for Breakfast Cereals</a>”). The serving must provide the required volume or weight (refer to “<a href="#">G10: Serving Size for Breakfast Cereals</a>”).</p> <p><b>Cooked breakfast cereals (group H):</b> 1) The first ingredient must be a whole grain (or water is the first ingredient and a whole grain is the next ingredient); 2) the next two grain ingredients (if any) must be whole grain, enriched, bran, or germ; and 3) the cereal cannot exceed the sugar limit (refer to “<a href="#">R12: Sugar Limit for Breakfast Cereals</a>”).</p> <p><b>Serving the same WGR cooked breakfast cereals to preschoolers and grades K-12:</b> Cooked breakfast cereals that meet the preschool WGR criteria may or may not meet the WGR criteria for grades K-12. The same breakfast cereals served to preschoolers and grades K-5 must meet the WGR criteria for grades K-12 and the preschool sugar limit (refer to “<a href="#">Preschoolers and Grades K-5 Eating Together in the NSLP, SBP, and SSO</a>” on page 2).</p> <p><b>Resources:</b>  <a href="#">Crediting Breakfast Cereals for Preschoolers in the National School Lunch Program and School Breakfast Program (CSDE)</a>  <a href="#">Guide to Meeting the Whole Grain-rich Requirement for the CACFP (CSDE)</a>  <a href="#">USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</a>  <a href="#">When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)</a>  <a href="#">Whole Grain-rich Criteria for Preschoolers in the National School Lunch Program and School Breakfast Program (CSDE)</a></p>	<p><b>RTE breakfast cereals (group I):</b> 1) The first ingredient must be a whole grain and the cereal must be fortified, or the cereal must be 100 percent whole grain; and 2) noncreditable grains cannot exceed 6.99 grams per portion. Fortification is not required for 100 whole grain cereals.</p> <p><b>Cooked breakfast cereals (group H):</b> 1) Must be 100 percent whole grain or contain a blend of whole and enriched grains that is at least 50 percent whole grain; and 2) noncreditable grains cannot exceed 6.99 grams per portion. Breakfast cereals that are not WGR must be enriched or fortified.</p> <p><b>Serving the same WGR cooked breakfast cereals to preschoolers and grades K-12:</b> Cooked breakfast cereals that meet the preschool WGR criteria may or may not meet the WGR criteria for grades K-12. The same breakfast cereals served to preschoolers and grades K-5 must meet the WGR criteria for grades K-12 and the preschool sugar limit (refer to “<a href="#">Preschoolers and Grades K-5 Eating Together in the NSLP, SBP, and SSO</a>” on page 2).</p> <p><b>Resources:</b>  <a href="#">Crediting Breakfast Cereals for Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE)</a>  <a href="#">Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12 (CSDE)</a>  <a href="#">When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs (CSDE)</a></p>

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Grains Component (G)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>G10:</b> <b>Serving Size for Breakfast Cereals</b>	<p><b>Amount for cooked breakfast cereals (group H):</b>  <math>\frac{1}{2}</math> oz eq = <math>\frac{1}{4}</math> cup cooked or 14 grams dry.</p> <p><b>Amount for RTE breakfast cereals (group I):</b>  <math>\frac{1}{2}</math> oz eq = <math>\frac{1}{2}</math> cup of flaked or round cereal, <math>\frac{3}{4}</math> cup of puffed cereal, and <math>\frac{1}{8}</math> cup of granola.</p> <p><b>Resources:</b>  <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA)</a>  <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA)</a></p>	<p><b>Amount for cooked breakfast cereals (group H):</b>  1 oz eq = <math>\frac{1}{2}</math> cup cooked or 1 ounce (28 grams) dry.</p> <p><b>Amount for RTE breakfast cereals (group I):</b>  1 oz eq = 1 ounce (28 grams), i.e., 1 cup of flaked or round cereal, <math>\frac{1}{4}</math> cup of puffed cereal, and <math>\frac{1}{4}</math> cup of granola.</p> <p><b>Resources:</b>  <a href="#">Grain Ounce Equivalents for Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE)</a>  <a href="#">Meal Patterns for School Nutrition Programs (CSDE webpage)</a>  <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA)</a>  <a href="#">Product Formulation Statement for Documenting Grains in Child Nutrition Programs: Completed Sample (USDA)</a></p>
<b>G11:</b> <b>Sugar Limit for Breakfast Cereals</b>	<p><b>Limit:</b> RTE and cooked breakfast cereals cannot exceed 6 grams of sugar per dry ounce, i.e., <math>\leq 21.2</math> grams of sucrose and other sugars per 100 grams of dry cereal.</p> <p><b>Resources:</b>  <a href="#">Calculating Sugar Limits for Breakfast Cereals in the CACFP (USDA)</a>  <a href="#">Choose Breakfast Cereals that are Lower in Sugar (USDA)</a>  <a href="#">Crediting Breakfast Cereals for Preschoolers in the National School Lunch Program and School Breakfast Program (CSDE)</a>  <a href="#">USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers</a></p>	<p><b>Limit:</b> None</p> <p><b>Serving the same breakfast cereals to preschoolers and grades K-12:</b> The same breakfast cereals served to preschoolers and grades K-12 cannot exceed the preschool sugar limit. The exception is when SFAs choose to use the K-5 meal pattern for preschoolers and grades K-5 who eat in the same service area at the same time (refer to “Preschoolers and Grades K-5 Eating Together in the NSLP, SBP, and SSO” on page 2).</p> <p><b>Resources:</b>  <a href="#">Crediting Breakfast Cereals for Grades K-12 in the National School Lunch Program and School Breakfast Program (CSDE)</a>  <a href="#">USDA Memo SP 38-2019: Meal Requirements under the National School Lunch Program and School Breakfast Program: Q&amp;As for Program Operators</a></p>

## Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Noncreditable Foods (NF)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>NF1:</b> <b>Noncreditable foods</b>	<p><b>Restrictions:</b> Noncreditable foods do not count toward the NSLP and SBP meal patterns. Examples include condiments, potato chips, pudding, ice cream, gelatin, cream cheese, bacon, and fruit roll-ups. Some noncreditable foods may be served in addition to the snack components to add variety, help improve acceptability, and satisfy appetites. Examples include maple syrup on pancakes, salad dressing on tossed greens, and condiments such as ketchup or mustard on sandwiches.</p> <p><b>Resources:</b>  <a href="#">Noncreditable Foods for Preschoolers in the National School Lunch Program and School Breakfast Program</a> (CSDE)</p>	<p><b>Restrictions:</b> Noncreditable foods cannot credit in the NSLP, SBP, SSO meal patterns. Examples include condiments, potato chips, pudding, ice cream, gelatin, cream cheese, bacon, and fruit roll-ups. Some noncreditable foods can be served in addition to the snack components to add variety, help improve acceptability, and satisfy appetites. Examples include maple syrup on pancakes, salad dressing on tossed greens, and condiments such as ketchup or mustard on sandwiches.</p> <p><b>Count toward dietary specifications:</b> All noncreditable foods offered as part of reimbursable meals must count toward the weekly dietary specifications (nutrition standards) for school meals. They must contain zero trans fat and their inclusion in school meals cannot cause the weekly menu to exceed the limits for calories, saturated fat, and sodium (refer to “<a href="#">DS1: Dietary Specifications</a>”).</p> <p><b>Resources:</b>  <a href="#">Noncreditable Foods for Grades K-12 in the National School Lunch Program and School Breakfast Program</a> (CSDE)</p>

## Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Noncreditable Foods (NF)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>NF2: Water</b>	<p><b>Requirement:</b> The <a href="#">Healthy Hunger-Free Kids Act</a> requires that schools must make drinking water available to children at no charge where meals are served during the meal service. Water does not credit as a meal pattern component and cannot be offered in place of the required meal components. Lunch and breakfast menus cannot offer a choice between water and milk or juice.</p> <p><b>Resources:</b>  <a href="#">USDA Memo SP 19-2018</a>: Clarification on the Milk and Water Requirements in the School Meal Programs  <a href="#">USDA Memo SP 49-2016 and CACFP 18-2016</a>: Resources for Making Potable Water Available in Schools and Child Care Facilities  <a href="#">What's in a Meal Module 14: Water Availability during Meal Service</a> (CSDE)</p>	Same

## Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Noncreditable Foods (NF)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>DS1:</b> <b>Dietary Specifications</b>	<p><b>Weekly requirements:</b> None</p> <p><b>Other requirements:</b> Sugar limits for yogurt (refer to “<a href="#">MMA8: Yogurt and Soy Yogurt</a>” and breakfast cereals (refer to “<a href="#">G8: Crediting Criteria for Breakfast Cereals</a>”).</p> <p><b>Best practices:</b> The USDA’s <a href="#">CACFP best practices</a> recommend additional optional best practices that reflect recommendations from the Dietary Guidelines for Americans and the National Academy of Medicine to help increase children’s consumption of vegetables, fruits, and whole grains; and reduce the consumption of added sugars and saturated fats.</p> <p><b>Resources:</b>  <a href="#">Breakfast Meal Pattern for Preschoolers</a> (CSDE)  <a href="#">Lunch Meal Pattern for Preschoolers</a> (CSDE)  <a href="#">USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program Meal Pattern</a></p>	<p><b>Weekly requirements:</b> School meals must, on average, meet the dietary specifications, which include weekly limits for calories, saturated fat, and sodium; and require food products served in school meals to contain zero grams of trans fat. For information on the dietary specifications, refer to the meal patterns for grades K-12 (available on the CSDE’s <a href="#">Meal Patterns for Grades K-12 in School Nutrition Programs</a> webpage) and section 6 of the CSDE’s <a href="#">Menu Planning Guide for School Meals for Grades K-12</a>.</p> <p><b>Other requirements:</b> None</p> <p><b>Resources:</b>  <a href="#">Dietary Specifications (Nutrition Standards for School Meals)</a> (CSDE webpage)  <a href="#">Meal Patterns for Grades K-12 in School Nutrition Programs</a> (CSDE webpage)  <a href="#">Menu Planning Guide for School Meals for Grades K-12</a> (CSDE)</p>



## Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Offer versus Serve (OVS)		
Requirement	Preschool Meal Patterns (NSLP, SBP, and SSO)	Meal Patterns for Grades K-12 (NSLP, SBP, and SSO)
<b>OVS1:</b> <b>Offer versus Serve (OVS)</b>	<p><b>Lunch:</b> Not allowed.</p> <p><b>Breakfast:</b> Not allowed.</p>	<p><b>Lunch:</b> Required in high schools. Optional for middle and elementary schools.</p> <p><b>Breakfast:</b> Optional for all grades.</p> <p><b>Resources:</b>  <a href="#">Offer versus Serve Guide for School Meals</a> (CSDE)  <a href="#">OVS for School Nutrition Programs</a> (CSDE webpage)  <a href="#">OVS in the School Breakfast Program</a> (CSDE)  <a href="#">OVS in the National School Lunch Program</a> (CSDE)  <a href="#">What's in a Meal Module 15: Offer versus Serve (OVS) in the NSLP</a> (CSDE)  <a href="#">What's in a Meal Module 16: Offer versus Serve (OVS) in the SBP</a> (CSDE)</p>

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

## Regulations and Policy

School Meals Legislation and Regulations:

<https://www.fns.usda.gov/school-meals/program-legislation-regulations>

USDA Final Rule (77 FR 4087): Nutrition Standards in the National School Lunch and School Breakfast Programs:

<https://www.federalregister.gov/documents/2022/02/07/2022-02327/child-nutrition-programs-transitional-standards-for-milk-whole-grains-and-sodium>

USDA Final Rule (81 FR 24347): CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010

<https://www.federalregister.gov/documents/2016/04/25/2016-09412/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>

USDA Final Rule Corrections (81 FR 75671): Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010:

<https://www.federalregister.gov/documents/2016/11/01/2016-26339/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>

USDA Final Rule (84 FR 50287): Child Nutrition Programs: Transitional Standards for Milk, Whole Grains, and Sodium:

<https://www.federalregister.gov/documents/2022/02/07/2022-02327/child-nutrition-programs-transitional-standards-for-milk-whole-grains-and-sodium>

USDA Memo CACFP 09-2017: Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answer:

<https://www.fns.usda.gov/cacfp/vegetable-and-fruit-requirements-cacfp-qas>

USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-questions-and-answers>

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program>

USDA Memo SP 04-2022 and CACFP 04-2022: Question and Answer Guidance on the Final Rule Child Nutrition Programs: Transitional Standards for Milk, Whole Grains, and Sodium Effective July 1, 2022:

<https://www.fns.usda.gov/cn/question-answer-final-rule-transitional-standards>

## Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

USDA Memo SP 05-2022: Meal Requirements Under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators Updated to Support the Transitional Standards for Milk, Whole Grains, and Sodium Effective July 1, 2022:

<https://portal.ct.gov/SDE/Lists/Operational-Memoranda-for-School-Nutrition-Programs/School-Nutrition-Memos-2022/2022-USDA-School-Nutrition-Memos>

USDA Memo SP 34-2019, CACFP 15-2019, and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

USDA Memo SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers:

<https://www.fns.usda.gov/school-meals/flexibility-co-mingled-preschool-meals-questions-and-answers>

USDA NSLP Regulations (7 CFR 210):

<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-210>

USDA SBP Regulations (7 CFR 220):

<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-220>

### Resources

Crediting Foods for Grades K-12 in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs>

Crediting Foods in Preschool Menus (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs/Related-Resources>

Crediting Summary Charts for the Meal Patterns for Grades K-12 in the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Crediting\\_Summary\\_Charts\\_SNP\\_Grades\\_K-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Crediting_Summary_Charts_SNP_Grades_K-12.pdf)

Crediting Summary Charts for the Preschool Meal Patterns of the School Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting\\_Summary\\_Charts\\_SNP\\_Preschool.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting_Summary_Charts_SNP_Preschool.pdf)

Laws and Regulations for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Laws-and-Regulations-for-Child-Nutrition-Programs>

## Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP

Meal Patterns for Grades K-12 in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs>

Meal Patterns for Preschoolers in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-Preschoolers-in-School-Nutrition-Programs>

Menu Planning Guide for Preschoolers in the National School Lunch Program and School Breakfast Program (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Menu\\_Planning\\_Guide\\_Preschool.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Menu_Planning_Guide_Preschool.pdf)

Menu Planning Guide for School Meals for Grades K-12 (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals>

Nutrition Standards for CACFP Meals and Snacks (USDA webpage):

<https://www.fns.usda.gov/cacfp/meals-and-snacks>

Operational Memoranda for School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Lists/Operational-Memoranda-for-School-Nutrition-Programs>

Program Guidance for School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Program-Guidance-School-Nutrition-Programs>

Resources for the Preschool Meal Patterns (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Resources\\_Preschool\\_Meal\\_Patterns.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Resources_Preschool_Meal_Patterns.pdf)

Resources for the School Meal Patterns for Grades K-12 (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/Resources\\_School\\_Meal\\_Patterns\\_grades\\_K-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/Resources_School_Meal_Patterns_grades_K-12.pdf)

Special Diets in School Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-School-Nutrition-Programs>

# Comparison of Meal Pattern Requirements for Preschoolers and Grades K-12 in the NSLP and SBP



For more information, refer to the CSDE's *Menu Planning Guide for Preschoolers in the National School Lunch Program and School Breakfast Program* and *Menu Planning Guide for School Meals for Grades K-12*, and visit the CSDE's [Meal Patterns for Preschoolers in School Nutrition Programs](#) and [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpages or contact the [school nutrition programs staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at [https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Comparison\\_SNP\\_Preschool\\_Grades\\_K-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/Comparison_SNP_Preschool_Grades_K-12.pdf).

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