

School Breakfast Program (SBP) Meal Pattern for Preschoolers

School Year 2023-24 (July 1, 2023, through June 30, 2024)		
Food Components ¹	Minimum quantities	
	Ages 1-2	Ages 3-4
Milk, fluid ² Age 1: Whole milk, unflavored Ages 2-4: Low-fat (1%) or fat-free milk, unflavored	4 fluid ounces (fl oz) ($\frac{1}{2}$ cup)	6 fl oz ($\frac{3}{4}$ cup)
Vegetables, fruits, or portions of both ^{3, 4, 5}	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Grains ^{7, 8, 9, 10} Whole grain-rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	$\frac{1}{2}$ ounce equivalent (oz eq) ¹⁰	$\frac{1}{2}$ oz eq ¹⁰
WGR, enriched, or fortified cooked breakfast cereal ¹¹ , cereal grain ¹² , or pasta	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold) ¹¹		
Flakes or rounds	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Puffed	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup
Granola	$\frac{1}{8}$ cup	$\frac{1}{8}$ cup
◀ Refer to page 2 for important menu planning notes ▶		

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Menu planning notes for breakfast

- ¹ Breakfasts must include the minimum serving of all three components. 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. For information on crediting documentation, refer to the Connecticut State Department of Education's (CSDE) 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 Meal Patterns for Preschoolers in School Nutrition Programs webpage. Foods made from scratch must have a standardized recipe that documents crediting information. For more information, visit the "[Crediting Foods Made from Scratch](#)" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.
- ² Flavored milk cannot be served. For more information on the milk component, visit the "[Milk Component for Preschoolers](#)" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.
- ³ The vegetables component includes fresh, frozen, canned, and rehydrated dried vegetables, and pasteurized 100 percent full-strength vegetable juice. Vegetables credit based on volume (cups), except raw leafy greens such as lettuce and spinach credit as half the volume served, e.g., 1 cup credits as ½ cup of the vegetables component. A serving of canned vegetables must be drained. Dried vegetables (such as potato flakes and dried soup mix) credit based on their rehydrated volume and require a PFS. The USDA's *Child and Adult Care Food Program (CACFP) best practices* recommend that preschool menus include at least one serving per week of each vegetable subgroup (dark green, red/orange, beans and peas (legumes), starchy, and other). For more information on the vegetables component, refer to the CSDE's *Vegetable Subgroups in the CACFP* and visit the "[Vegetables Component for Preschoolers](#)" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.
- ⁴ Pasteurized full-strength juice credits as either the vegetables component or fruits component at only one preschool meal or snack per day. 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. For more information, refer to the CSDE's *Crediting Juice for Preschoolers in the National School Lunch Program and School Breakfast Program* and *Crediting Smoothies for Preschoolers in the National School Lunch Program and School Breakfast Program*. The USDA's *CACFP Best Practices* recommends serving whole fruits (fresh, frozen, canned, and dried) more often than juice.
- ⁵ The fruits component includes fresh, frozen, and dried fruits, canned fruit in juice, water, or light syrup, and pasteurized 100 percent full-strength fruit juice. Fruits credit based on volume (cups), except dried fruits such as raisins credit as twice the volume served, e.g., ¼ cup credits as ½ cup of the fruits component. For more information, visit the "[Fruits Component for Preschoolers](#)" section of the CSDE's Meal Patterns for Preschoolers in School Nutrition Programs webpage.

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Menu planning notes for breakfast

- ⁶ Grain products and recipes must be made with creditable grains, i.e., whole grains, enriched grains, bran, and germ. For information on identifying creditable grains, refer to the CSDE’s [How to Identify Creditable Grains for Preschoolers in the National School Lunch Program and School Breakfast Program](#), [Crediting Whole Grains in the National School Lunch Program and School Breakfast Program](#), and [Crediting Enriched Grains in the National School Lunch Program and School Breakfast Program](#), and visit the “Grains Component for Preschoolers” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage.
- ⁷ At least one serving of grains per day must be WGR. The USDA’s [CACFP Best Practices](#) recommends at least two servings of WGR grains per day. For the preschool meal patterns, WGR foods contain at least 50 percent whole grains and the remaining grain ingredients are enriched, bran, or germ. For more information, refer to the CSDE’s [Guide to Meeting the Whole Grain-rich Requirement for the CHILD AND ADULT CARE FOOD PROGRAM](#) and visit the “Whole Grain-rich Requirement” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage.
- ⁸ Grain-based desserts do not credit as the grains component. Examples include cookies, piecrusts in sweet pies, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies. Sweet crackers such as graham crackers and animal crackers are not grain-based desserts. However, the CSDE recommends limiting sweet crackers to no more than twice per week between all meals and snacks. For more information, visit the USDA’s webpage, [Grain-based Desserts in the CACFP](#).
- ⁹ Meat/meat alternates (MMA) may substitute for the entire grains component at breakfast up to three times per week. A 1-ounce serving of the MMA component substitutes for 1 oz eq of the grains component. For more information, visit the USDA’s webpage, [Serving Meat and Meat Alternates at Breakfast](#), and the “Meat/Meat Alternates Component for Preschoolers” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage.
- ¹⁰ Grain products and recipes must provide the required serving weight (groups A-E) or volume (groups H-I) in the USDA’s Exhibit A chart (refer to the CSDE’s [Grain Ounce Equivalents for Preschoolers in the National School Lunch Program and School Breakfast Program](#) and [How to Use the Grain Ounce Equivalents Chart for the National School Lunch Program and School Breakfast Program](#)) or provide the minimum creditable grains per serving (refer to the CSDE’s [Calculation Methods for Grain Ounce Equivalents for Preschoolers in the National School Lunch Program and School Breakfast Program](#) and [When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs](#)). For more information, visit the “Ounce Equivalents” section of the CSDE’s Meal Patterns for Preschoolers in School Nutrition Programs webpage.
- ¹¹ Breakfast cereals cannot contain more than 6 grams of sugars per dry ounce, i.e., no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal (refer to the CSDE’s [Crediting Breakfast Cereals for Preschoolers in the National School Lunch Program and School Breakfast Program](#)).
- ¹² Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.

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For more information, 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, 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/Breakfast_Meal_Pattern_Preschool.pdf.

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