

PRESCHOOL MEAL PATTERN - BREAKFAST

Minimum Quantities Required		
Food Components	Ages 1 - 2	Ages 3 - 5
Milk (fluid) - one serving as a beverage or on cereal, or both	1/2 cup or 4 fl oz	3/4 cup or 6 fl oz.
Juice/ Fruit/ Vegetable – include a minimum of one serving. Serve a fruit or vegetable or both; or full strength fruit or vegetable juice.	1/4 c	1/2 c
Grains/Breads and/or Meat/Meat Alternate Select one serving from each of the following components OR two servings from one of these components:		
Grains/Breads		
Whole-grain or enriched bread	1/2 slice	1/2 slice
Whole grain or enriched biscuit, roll, muffin, etc.	1/2 serving	1/2 serving
Whole-grain, enriched, or fortified cereal	1/4 cup or 1/3 oz	1/3 cup or 1/2 oz
Meat/Meat Alternate		
Meat, poultry or fish	1/2 oz	1/2 oz
Cheese	1/2 oz	1/2 oz
Egg (large)	1/2 egg	1/2 egg
Peanut butter	1 T	1 T
Cooked dry beans or peas	2 T	2 T
Yogurt	2 oz or 1/4 cup	2 oz or 1/4 cup
Nuts and/or seeds	1/2 oz	1/2 oz