National School Lunch Program (NSLP)

Four-day Lunch Menu Planning Form for Ages 1-2

The U.S. Department of Agriculture (USDA) final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010,* updates the NSLP preschool meal pattern, effective October 1, 2017. The current preschool lunch meal pattern requirements under 7 CFR 226 remain in effect until that time. For more information, see the USDA's Nutrition Standards for CACFP Meals and Snacks Web page.

School: **Week of:**

Food Components [1]	Day 1	Day 2	Day 3	Day 4	
Milk (½ cup) [2] Whole milk for age 1 Low-fat or fat-free milk for age 2					
Vegetables/Fruits (½ cup) Two or more servings of *different* vegetables or fruits or both [3]	1. 2.	1. 2.	1. 2.	1. 2.	
Grains/Breads (whole grain or enriched) [4] **4 servings per week** **Minimum of ½ serving per day** A serving is a slice of bread (25 grams or 0.9 ounce) or an equivalent serving of biscuits, rolls and other breads or ½ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains.					**Total Weekly Servings of Grains/Breads:**
Total Daily Servings of Grains/Breads:					
Meat/Meat Alternates Lean meat, poultry or fish [5] (1 ounce) or alternate protein products [6] (1 ounce) or cheese (1 ounce) or egg (½ large) or peanut butter (2 tablespoons) or cooked dry beans and peas (¼ cup) or nuts and seeds [7] (½ ounce equals 50 percent) or yogurt (½ cup)					**Does this number equal at least 4 servings?** ☐ **yes** ☐ **no**
Other foods [8] *Do not credit toward the meal pattern*					

◀ **See page 2 for important menu planning notes** ▶

[1] Children may be served larger portions but not less than the minimum quantities specified. Use the U.S. Department of Agriculture's (USDA) *Food Buying Guide for Child Nutrition Programs* to determine the amount of purchased food that meets the minimum requirements. For processed foods, review Child Nutrition (CN) labels or product formulation statements.

[2] Serve whole milk to age 1 (12 through 23 months) and low-fat (1%) or fat-free milk to ages 2 (24 months) and older.

[3] The specified portions must be met with at least two servings of different vegetables and/or fruits, i.e., two servings of different vegetables, two servings of different fruits, or one serving of vegetable and one serving of fruit. Juice must be pasteurized 100 percent full-strength juice (fruit, vegetable, or combination) and cannot count for more than half of the total requirement.

[4] Breads and grains must be whole grain or enriched. Breakfast cereals must be whole grain, enriched, or fortified. All grain products must meet the minimum serving sizes specified in *Serving Sizes for Grains/Breads for Preschool Meals in the National School Lunch Program (NSLP) and School Breakfast Program (SBP)*. Alternatively, schools can choose to use the minimum ounce equivalents specified in *Whole Grain-rich Ounce Equivalents for School Nutrition Programs*. **Note:** The "grains/breads" component of the preschool lunch meal pattern applies only to children ages 1-4. For children ages 5 and older, the NSLP meal pattern applies and the whole grain-rich "grains" component replaces the "grains/breads" component. For more information, see *Criteria for Whole Grain-rich Foods*.

[5] The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone.

[6] Alternate protein products must meet the USDA requirements specified in appendix A to Part 210 of the NSLP regulations. For more information, see the Crediting Foods Web page.

[7] Tree nuts and seeds that credit as meat alternates include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts. Nuts and seeds cannot meet more than 50 percent of the meat/meat alternate requirement. They must be combined with another meat/meat alternate to meet the requirement. Children younger than 4 are at the highest risk of choking. The USDA recommends that any nuts or seeds served to young children are in a prepared food and are ground or finely chopped.

[8] Other foods do not contribute to the meal pattern, e.g., condiments such as ketchup and mayonnaise. For more information, see *Noncreditable Foods in School Nutrition Programs*.

For more information, see the Connecticut State Department of Education's (CSDE) *Menu Planning Guide for School Meals*, and the CSDE's Meal Patterns Web page and Crediting Foods Web page, or contact the school nutrition programs staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103. *This form is available in PDF at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/mf4lunch1-2.pdf and Word at www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/nslp/mf4lunch1-2.doc.*

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