

National School Lunch Program (NSLP)

Seven-day Lunch Menu Planning Form for Ages 3-4 (October 1, 2017 through September 30, 2019)

The U.S. Department of Agriculture’s (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. Effective October 1, 2019, the serving sizes for the grains component change to ounce equivalents. For more information on the preschool meal patterns, see the Connecticut State Department of Education’s (CSDE) [Meal Patterns for School Nutrition Programs](#) webpage. ***This form expires on September 30, 2019.***

School:

Week of:

Food Components ¹	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Milk ($\frac{3}{4}$ cup) ² Unflavored low-fat (1%) milk or unflavored fat-free milk							
Meat/Meat Alternates Lean meat, poultry, or fish ³ (1 $\frac{1}{2}$ ounces) or tofu, soy product, or alternate protein products ⁴ (1 $\frac{1}{2}$ ounces) or cheese (1 $\frac{1}{2}$ ounces) or egg ($\frac{3}{4}$ large) or peanut butter (3 tablespoons) or cooked dry beans and peas ($\frac{3}{8}$ cup) or nuts and seeds ⁵ ($\frac{3}{4}$ ounce equals 50 percent) or yogurt or soy yogurt ($\frac{3}{4}$ cup) ⁶							
Vegetables ($\frac{1}{4}$ cup) ^{7, 8}							
Fruits ($\frac{1}{4}$ cup) ^{7, 9, 10}							
Grains (whole grain, whole grain-rich (WGR) or enriched) ¹¹ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread ($\frac{1}{2}$ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin ($\frac{1}{2}$ serving) or WGR, enriched, or fortified cooked breakfast cereal ¹² , cereal grains ¹³ , or pasta ($\frac{1}{4}$ cup) or WGR, enriched, or fortified RTE breakfast cereal ^{12, 14} ($\frac{1}{3}$ cup or $\frac{1}{2}$ ounce)							
Other foods ¹⁵ <i>Do not credit toward the meal pattern</i>							

◀ See page 2 for important menu planning notes ▶

NSLP Seven-day Lunch Menu Planning Form for Ages 3-4 (October 1, 2017 through September 30, 2019), continued

- ¹ Children may be served larger portions but not less than the minimum quantities. Use the U.S. Department of Agriculture's (USDA) [Food Buying Guide for School Meal Programs \(FBG\)](#) or [web-based interactive FBG](#) to determine the amount of purchased food that meets the requirements. For information on crediting processed foods, see [Child Nutrition \(CN\) Labels and Product Formulation Statements](#).
- ² Flavored milk cannot be served.
- ³ The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone.
- ⁴ APP must meet the USDA requirements in [appendix A](#) of the NSLP regulations (7 CFR 210). Tofu must contain at least 5 grams of protein in 2.2 ounces (weight) or ¼ cup (volume).
- ⁵ Creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts. 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. At lunch, nuts and seeds cannot credit for more than half of the meat/meat alternates component. They must be combined with another meat/meat alternate to meet the total requirement.
- ⁶ Yogurt cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce).
- ⁷ Pasteurized full-strength juice can meet the vegetables or fruits component at only one preschool meal (NSLP and School Breakfast Program) or snack (Afterschool Snack Program) per day. Juice includes all fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice.
- ⁸ Raw leafy greens credit as half the volume served, e.g., ½ cup of raw leafy greens credits as ¼ cup of vegetables. The USDA's [CACFP Best Practices](#) recommends 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, see [Vegetable Subgroups in the CACFP](#).
- ⁹ Vegetables can substitute for the entire fruits component at lunch. If serving two vegetables, they must be two different kinds.
- ¹⁰ Dried fruit credits as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of fruit. The USDA's [CACFP Best Practices](#) recommends serving whole fruits (fresh, canned, dried, and frozen) more often than juice.
- ¹¹ Through September 30, 2019, all grains must meet the minimum weights in [Grain Serving Sizes for Preschool Meals in the NSLP and SBP](#). At least one serving per day must be WGR. The USDA's [CACFP Best Practices](#) recommends at least two servings of WGR grains per day. For preschool, WGR foods contain 100 percent whole grains or contain at least 50 percent whole grains and any remaining grains are enriched. Except for sweet crackers such as graham crackers and animal crackers, grain-based desserts cannot credit, e.g., cookies, sweet pie crusts, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies.
- ¹² Breakfast cereals cannot contain more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).
- ¹³ Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.
- ¹⁴ Beginning October 1, 2019, the minimum serving size for cold breakfast cereals is based on ounce equivalents. The serving size for ages 1-4 is ½ cup of flakes or rounds, ¾ cup of puffed cereal, and ⅓ cup of granola.
- ¹⁵ Other foods do not contribute to the meal pattern, e.g., condiments such as ketchup and mayonnaise. For more information, see [Noncreditable Foods for Preschoolers in the NSLP and SBP](#).

For more information, see the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for Preschool Meals](#) and the CSDE's [Meal Patterns for School Nutrition Programs](#) and [Crediting Foods](#) webpages, 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/mj7lunch3-4.pdf and Word at www.sde.ct.gov/sde/lib/sd/word_docs/deps/nutrition/nslp/mj7lunch3-4.doc.*

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