

School Breakfast Program (SBP) and National School Lunch Program (NSLP)

PRESCHOOL NUTRIENT STANDARDS

All preschool meals must meet the U.S. Department of Agriculture's (USDA) nutrient standards, as indicated in sections 210.10(p) and 220.8(o) of the USDA final rule, *Nutrition Standards in the National School Lunch and School Breakfast Programs* (7 CFR Parts 210 and 220). The 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 patterns, effective October 1, 2017. The current preschool 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.

**Minimum Nutrient and Calorie Levels for Preschool Meals ¹
Traditional Food-Based Menu Planning (School Week Averages ²)**

Nutrient and Energy Allowances	BREAKFAST		LUNCH	
	Age 2 ³	Ages 3-4	Age 2	Ages 3-4
Calories	325	388	Not Applicable ⁴	517
Total fat (percentage of calories)	* 5	* 5	Not Applicable ⁴	* 5
Total saturated fat (percentage of calories)	* 5	* 5	Not Applicable ⁴	* 5
Protein (grams)	4	5	Not Applicable ⁴	7
Calcium (milligrams)	200	200	Not Applicable ⁴	267
Iron (milligrams)	2.5	2.5	Not Applicable ⁴	3.3
Vitamin A (Retinol Equivalents)	100	113	Not Applicable ⁴	150
Vitamin C (milligrams)	10	11	Not Applicable ⁴	14

¹ This chart shows the minimum school week averages for nutrients except fat and saturated fat, which are maximum levels.

² A school week is defined as a normal school week of five consecutive days. To accommodate shortened weeks resulting from holidays and other scheduling needs, the period shall be a minimum of three consecutive days and a maximum of seven consecutive days.

³ Nutrients and calories start at age 2 because the *Dietary Guidelines for Americans* applies to ages 2 and older.

⁴ The current USDA regulations for lunches specify minimum nutrient and calorie levels only for ages 3-4.

⁵ The USDA preschool nutrient standards were developed when the 1995 *Dietary Guidelines for Americans* were in effect. The 1995 *Dietary Guidelines for Americans* recommended that after age 2 children should gradually adopt a diet that, by about age 5, contains no more than 30 percent of calories from fat. The 2015-2010 *Dietary Guidelines for Americans* recommends that children ages 1-3 should consume 30 to 40 percent of their calories from fat and children ages 4-18 should consume 25 to 35 percent of their calories from fat.



For more information, see the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals](#) and [Meal Patterns](#) Web page or contact the [school nutrition programs staff](#) in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/preschoolns.pdf.

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