

School Breakfast Program (SBP)

Seven-day Breakfast 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 SBP 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							
Vegetables, fruits, or portions of both ($\frac{1}{2}$ cup) ^{3, 4, 5}							
Grains (whole grain, whole grain-rich (WGR) or enriched) ^{6, 7} <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 ⁸ , cereal grains ⁹ , or pasta ($\frac{1}{4}$ cup) or WGR, enriched, or fortified RTE breakfast cereal ⁸ ($\frac{1}{3}$ cup or $\frac{1}{2}$ ounce)							
Other foods ¹⁰ <i>Do not credit toward the meal pattern</i>							

◀ See page 2 for important menu planning notes ▶

SBP Seven-day Breakfast 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 the [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 Pasteurized full-strength juice can meet the vegetables or fruits component at only one preschool meal (National School Lunch Program and SBP) 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.
- 4 Raw leafy greens credit as half the volume served, e.g., ½ cup of raw leafy greens credits as ¼ cup of the vegetables component.
- 5 Dried fruit credits as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of the fruits component. The USDA's [CACFP Best Practices](#) recommends serving whole fruits (fresh, canned, dried, and frozen) more often than juice.
- 6 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.
- 7 Meat/meat alternates may substitute for the entire grains component at breakfast up to three times per week (regardless of the number of days in the week). One ounce of meat/meat alternates substitutes for one serving of grains.
 - 8 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).
 - 9 Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.
 - 10 Other foods do not contribute to the meal pattern, e.g., condiments such as butter and syrup. For more information, see [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/sbp/mj7b6fst3-4.pdf and Word at www.sde.ct.gov/sde/lib/sde/word/docs/deps/nutrition/sbp/mj7b6fst3-4.doc.*

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- (2) fax: (202) 690-7442; or
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