School Breakfast Program (SBP)

Five-day Breakfast Menu Planning Form for Ages 3-4

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 breakfast 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]	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) [2] Low-fat (1% or less, unflavored only) or fat-free (unflavored or flavored)					
Vegetables/Fruits (½ cup) [3] Fruit and/or vegetable or full-strength fruit juice or vegetable juice					
Select one serving of grains/breads and meat/meat alternates, two from one component, or an equivalent combination [4]					
Grains/Breads [5] Whole-grain or enriched bread (½ serving) Whole-grain or enriched biscuit, roll, muffin or other breads (½ serving) Whole-grain, enriched or fortified cereal [6] (1/3 cup or ½ ounce)					
Meat/Meat Alternates Lean meat, poultry or fish [7] (½ ounce) or alternate protein products [8] (½ ounce) or cheese (½ ounce) or egg (½ large) or peanut butter (1 tablespoon) or cooked dry beans and peas (2 tablespoons) or nuts and seeds [9] (½ ounce) or yogurt (¼ cup)					
Other foods [10] *Do not credit toward the meal pattern*					

◀ See page 2 for important menu planning notes ▶

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[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] Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole, reduced-fat (2%), and flavored low-fat milk cannot be served.

[3] Serve a fruit or vegetable, combination of fruit and vegetable, or pasteurized 100 percent full-strength juice (fruit, vegetable, or combination). Full-strength juice cannot count for more than half of the total requirement.

[4] Serve one of the following four options: 1) one serving of grains/breads and one serving of meat/meat alternates; 2) two servings of grains/breads; 3) two servings of meats/meat alternates; or 4) an equivalent combination that totals two servings, e.g., 1 ½ servings of grains/breads and ½ serving of meat/meat alternate.

[5] All grains/breads must be whole grain or enriched, and 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 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*.

[6] Breakfast cereals must be whole grain, enriched, or fortified. One serving must meet the requirements for either measure (cups) or weight (ounces), whichever is less.

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

[8] 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.

[9] One ounce of nuts or seeds equals one ounce of cooked lean meat, poultry, or fish. 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. No more than one ounce of nuts or seeds may be served in any one breakfast. 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.

[10] Other foods do not contribute to the meal pattern, e.g., condiments such as butter and syrup. 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/sbp/mfbkfst3-4.pdf and Word at www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/sbp/mfbkfst3-4.doc.*

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