

Pre-K Meal Pattern

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The US Department of Agriculture (USDA) updated the National School Lunch Program (NSLP) and School Breakfast Program (SBP) pre-k requirements to align with the revised requirements for the Child and Adult Care Food Program (CACFP) effective October 1, 2017.

The pre-k meal pattern for the NSLP and SBP is outlined in Title 7, Code of Federal Regulations, sections 210.10 and 220.8, which states that schools serving lunch and breakfast to children ages one through four under the NSLP and SBP must comply with the pre-k meal pattern.

Flexibility for Co-Mingled Preschools

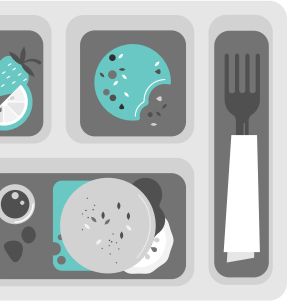
Co-mingled: Same Service Area at the Same Time

- There must be no more than a 15 minute lapse in between the service of pre-K and K-5 age groups.
- If students are co-mingled, schools can serve meals to pre-K students using the K-5 grade group.
- If students are not co-mingled, schools must serve the Pre-K Meal Pattern.
- FNS strongly encourages schools to find ways to serve grade-appropriate meals to Pre-K and K-5 students to best address their nutritional needs.



Co-Mingling and Administrative Reviews

If you are doing it incorrectly, we will see it on AR!



- The Reviewer will be watching to ensure that groups are in fact co-mingled.
- Some schools think they are co-mingled, but they aren't!
- **DO NOT** just say that your students are co-mingled to avoid following the Pre-K meal pattern
- The Reviewer will be checking to ensure that the Pre-K meal pattern is followed if it is required
- If comingled, teachers should NOT be restricting pre-K from selecting flavored milk

Benefits of co-mingling

- Prevents the menu planner from preparing two menus
- Prevents the kitchen staff from switching menus in between meal service and from having to identify the preschoolers versus the K-5 group.

Advantages of a Pre-K Menu

- Some menu items from the K-5 menu may be choking hazards for preschoolers.
- Younger students may feel distracted or overwhelmed while eating amongst older children, affecting their meal consumption.
- The pre-K menu is more personalized to meet the nutritional needs for a preschooler's growth and development
- The pre-K menu doesn't require a nutrient analysis

Pre-K Meal Pattern

Basic Requirements

Milk Restrictions



- Flavored Milk is NOT allowed!
- Only 1% (unflavored) or fat-free (unflavored) is allowed

Juice Restrictions

Juice May Not Be Served More than Once Per Day!



Breakfast



Lunch



Snack

Grain Requirements

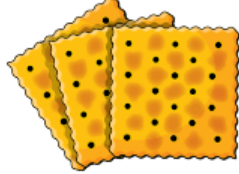
10

One Whole Grain Rich (WGR)
serving of grain per day is required



- **Grain-based desserts are not allowed!**
- However, schools have the flexibility to occasionally serve grain-based desserts for celebrations or other special occasions as an additional food item that is not part of a reimbursable meal.



Grain-Based Desserts (Not Reimbursable in the CACFP):	Not Grain-Based Desserts (Reimbursable in the CACFP):
<ul style="list-style-type: none">• Brownies• Cakes, including coffee cake and cupcakes• Cereal bars, breakfast bars, and granola bars• Cookies, including vanilla wafers• Doughnuts, any kind• Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies• Gingerbread• Ice cream cones• Marshmallow cereal treats• Pie crusts of dessert pies, cobblers, and fruit turnovers• Sweet bread puddings• Sweet biscotti, such as those made with fruits, chocolate, icing, etc.• Sweet croissants, such as chocolate-filled• Sweet pita chips, such as cinnamon-sugar flavored• Sweet rice puddings• Sweet scones, such as those made with fruits, icing, etc.• Sweet rolls, such as cinnamon rolls• Toaster pastries	<ul style="list-style-type: none">• Banana bread, zucchini bread, and other quick breads• Cereals that meet the sugar limit and are whole grain-rich, enriched, and/or fortified• Cornbread• Crackers, all types• French Toast• Muffins• Pancakes• Pie crusts of savory pies, such as vegetable pot pie and quiche• Plain croissants• Plain or savory pita chips• Savory biscotti, such as those made with cheese, vegetables, herbs, etc.• Savory bread puddings, such as those made with cheese, vegetables, herbs, etc.• Savory rice puddings, such as those made with cheese, vegetables, etc.• Savory scones, such as those made with cheese, vegetables, herbs, etc.• Teething biscuits, crackers, and toasts• Tortillas and tortilla chips• Waffles 

Cereal Restrictions

13

Cereal served to pre-k children must not contain more than 6 grams (g) of sugar in 1 dry ounce (oz).



Yogurt Restrictions

14



Yogurt served to pre-k children must not have more than 23 g of sugar per 6 oz.



- OVS is **NOT ALLOWED** in the Pre-K Meal Pattern!
- All components must be on each tray.

Fruit & Veg Distinctions 16



- Breakfast: fruit and/or veg are one component
- Lunch: fruit and veg are separate components.
- No Vegetable Subgroups!

Frying Restrictions

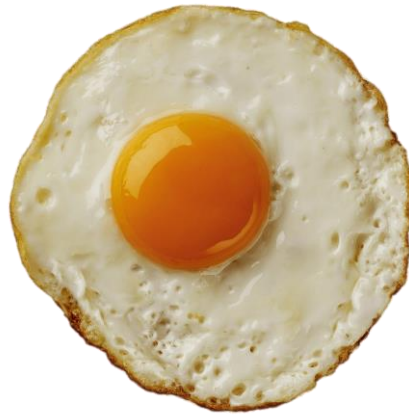
17








Deep-Fat Frying (fully submerged) is **NOT** allowed as a way of preparing foods **on-site**.

You can, however, Sauté, Pan-Fry or Stir Fry with a small amount of hot oil over medium/high heat.

A meat/meat alternate may be substituted for the entire grain component at breakfast no more than three times per week for preschool children.



	Breakfast		Lunch	
	1-2 years	3-5 years	1-2 years	3-5 years
 Milk	½ cup (4 oz.)	¾ cup (6 oz.)	½ cup (4 oz.)	¾ cup (6 oz.)
 Fruits	¼ cup	½ cup	⅛ cup	¼ cup
 Vegetables			⅛ cup	¼ cup
 Grains	½ oz. eq.	½ oz. eq.	½ oz. eq.	½ oz. eq.
 Meats/Meat Alternates	Optional: Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast. Minimum serving size for both age groups is ½ oz. eq.		1 oz. eq.	1½ oz. eq.

Most of you will want to focus on the 3-5 years columns, as we don't tend to see many 1-2-year-olds in School Settings

Chart Available at:

<https://www.fns.usda.gov/tn/serving-school-meals-preschoolers>

Serving sizes are minimums.
Operators may offer larger portions.
Oz. = Ounces; Oz. eq. = Ounce equivalent.





Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Web site, or you can find a list of approved cereals on the USDA's approved food list. Find as one of the State's approved food list.

1 Use the Nutrition Facts label to find the grams (g) of sugar.

2 Find the Sugars line. grams (g) next to Sug.

3 Use the serving size to find the grams (g) of sugar per dry ounce.

Serving Size*	g Sugars
1/2 cup	12-16 grams
3/4 cup	26-39 grams
1 cup	31-45 grams
1 1/4 cups	45-69 grams
1 1/2 cups	55-83 grams
1 3/4 cups	59-83 grams
2 cups	74-97 grams

4 In the table, look at the serving size amount. If your cereal has the less, your cereal uses less sugar.

*Serving sizes here refer to those a cereal. For serving size requirements, see the USDA's approved food list.

More training on the CACFP



Grain-Based Desserts in the Child and Adult Care Food Program

Kids need the vitamins, minerals, and other nutrients in foods such as fruits, vegetables, whole grains, low-fat dairy, and lean protein foods. Too often, kids are filling up on foods high in added sugars.

As of October 1, 2017, grain-based desserts are no longer a reimbursable component of meals and snacks offered in the Child and Adult Care Food Program (CACFP). This small change means kids eat in child care.

What?

The chart below lists some common grain-based desserts.

Grain-Based Desserts (Not Reimbursable in the CACFP)

- Brownies
- Cakes, including coffee cake and cupcakes
- Cereal bars, breakfast bars, and granola bars
- Cookies, including vanilla wafers
- Doughnuts, any kind
- Fig rolls, bars, cookies and other fruit-filled cookies
- Gingerbread
- Ice cream cones
- Marshmallow cereal treats
- Pie crusts of dessert pies, cobbler, and fruit turnovers
- Sweet bread puddings
- Sweet biscotti, such as those made with chocolate, icing, etc.
- Sweet croissants, such as chocolate-filled
- Sweet pita chips, such as cinnamon-sugar
- Sweet rice puddings
- Sweet scones, such as those made with fruit
- Sweet rolls, such as cinnamon rolls
- Toaster pastries

Whole grain-rich and homemade

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.



Methods for Healthy Cooking

How a food is cooked can make a difference in how healthy it is. Try some of the cooking methods below instead of deep-fat frying. Cooking with oils instead of butter or lard can be better for heart health.



Roast, Bake, or Broil:

Cooking foods, usually at high heat, in the oven.



Sauté, Pan Fry, and Stir-Fry:

Cooking foods with a small amount of hot oil over medium or high heat.



Grill: Cooking foods by placing them on a pre-heated metal grill, or grill pan, with high heat coming from below the food.



As of October 1, 2017, foods that are deep-fat fried onsite cannot count toward a reimbursable meal in the Child and Adult Care Food Program (CACFP).

• Deep-fat frying means cooking by fully covering (submerging) food in hot oil or other fat.

• "Onsite" means at your child care center, family child care home, or your child care center's central or satellite kitchen.



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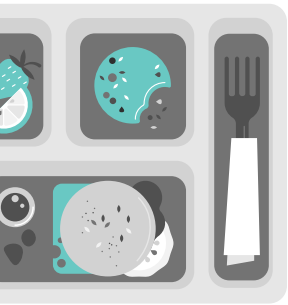
Training Tools

<https://www.fns.usda.gov/tn/meal-pattern-training-worksheets-cacfp>

Pro Tip: Involve school district personnel (Pre-K Teachers) when you provide your staff with Pre-K Meal Pattern Training!

Please see your packets to locate

- SP 01-2018: Updated Infant and Pre K Meal Pattern
- Pre K Meal Pattern Chart
- Grain Based Desserts





What Questions Do You Have?



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