

Chart 5A: Preschool Meal Pattern: Breakfast

Select the Appropriate Components for a Reimbursable Meal		
Meal Components and Food Items¹	Minimum Quantities	
	Ages 1–2	Ages 3–5
Fluid Milk ²	4 fluid ounces	6 fluid ounces
Vegetables, fruits, or portions of both ³	¼ cup	½ cup
Grains (oz eq) ⁴	½ ounce equivalent	½ ounce equivalent

¹ Must serve all three components for a reimbursable meal.

² Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1 percent) or unflavored fat-free milk (skim) for children 2 through 5 years old.

³ Pasteurized full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁴ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count toward meeting the grains requirement. Meats/meat alternates may be offered in place of the entire grains requirement, up to 3 times per week at breakfast. One ounce equivalent of a meat/meat alternate credits equal to 1 ounce equivalent of grains. Effective through September 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. Effective October 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce. Information on crediting grain items and meats/meat alternates may be found in FNS guidance.