

Chart 5B: Preschool Meal Pattern: Lunch

Select the appropriate components for a reimbursable meal

Meal Component ¹		Minimum Quantities	
		Ages 1–2	Ages 3–5
Fluid Milk		4 fluid ounces ²	6 fluid ounces ³
Meats/Meat Alternates ⁴	Lean meat, poultry, or fish	1 ounce equivalent	1½ ounce equivalent
	Tofu, soy products, or alternate protein products ³	1 ounce equivalent	1½ ounce equivalent
	Cheese	1 ounce equivalent	1½ ounce equivalent
	Large egg	½	¾
	Beans, peas, and lentils	¼ cup	⅜ cup
	Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp
	Yogurt, plain or flavored unsweetened or sweetened ⁴	4 ounces or ½ cup	6 ounces or ¾ cup
	Peanuts, soy nuts, tree nuts, or seeds	1 ounce equivalent	1-½ ounce equivalent
Vegetables ⁵		⅓ cup	¼ cup
Fruits ⁵		⅓ cup	¼ cup
Grains ⁶		½ ounce equivalent	½ ounce equivalent

1 Must serve all five components for a reimbursable meal.

2 Must serve unflavored whole milk to children age 1.

3 Must serve unflavored milk to children 2 through 5 years old. The milk must be fat-free, skim, low-fat, or 1 percent or less.

4 Alternate protein products must meet the requirements in Appendix A of 7 CFR Part 226. Effective through September 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. Effective October 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce). Information on crediting meats/meat alternates may be found in FNS guidance.

5 Juice must be pasteurized. Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day. Vegetables may be offered to meet the entire fruits requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

6 Must serve at least one whole grain-rich serving, across all eating occasions, per day. Grain-based desserts may not be offered to meet the grains requirement. 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 cereal must have no more than 6 grams of added sugars per dry ounce. Information on crediting grain items may be found in FNS guidance.