

## MEAL PATTERN FOR PRE-K AND PPCD STUDENTS

NISD Child Nutrition Department will follow the CACFP meal pattern for students aged 5 and under who are not enrolled in Kindergarten. These students include PPCD program students and Pre-Kindergarten students.

Offer vs. Served will not be used when administering meals to PPCD program and Pre-K students. Each student will receive at breakfast and lunch all of the components served that make up the complete meal tray. The charts below list the meal components for breakfast and lunch and the daily minimum serving size.

### BREAKFAST MEAL PATTERN FOR AGES 3-5 MINIMUM DAILY

MILK	6OZ
VEGETABLES, FRUIT OR BOTH	4 OZ
GRAINS	½ OZ EQ

\*Meat and Meat alternates may be used to substitute the entire grains component a maximum of three times per week at breakfast.

### LUNCH MEAL PATTERN FOR AGES 3-5 MINIMUM DAILY

MILK	6OZ
MEAT/MEAT ALTERNATES	1.5 OZ
VEGETABLES	¼ C
FRUIT	¼ C
GRAINS	½ OZ EQ

#### ***NISD Meal Offerings for Pre-K and PPCD students include the following:***

**-Milk:** Students will be offered 8oz 1% unflavored milk at breakfast and lunch.

**-Fruit:** 100% fruit juice, 4 oz. portion, will be served at breakfast only and will credit as ½ c fruit component.

-1/2c Fresh fruit or canned fruit in its own juice or light syrup with no added sugar offered at breakfast and lunch.

**-Vegetable:** Low sodium and no salt added canned vegetables and frozen vegetables, in 1/2c portions, will be offered to help reduce sodium content.

**-Grains:** 1-2 oz. Whole grain rich grains will be served at breakfast and lunch

-Grain based desserts will not be offered due to federal regulations. These include: graham crackers, sweet crackers, cereal bars, breakfast bars, granola bars, sweet rolls, sweet pie crusts, doughnuts, toaster pastries, cake, brownies etc.

**-Meat/Meat Alternates:** 1-2oz portion will be served at breakfast and lunch.

***\*Students will be offered the same portion sizes as grades K-4 to allow for more consumption of fiber and vitamins and ensure student fulfillment.***