

## NMCAA PRESCHOOLS APPROVED CHILD MEAL PATTERN REQUIRED COMPONENTS AND MINIMUM AMOUNTS

This chart combines CACFP, Head Start, Early Head Start, and Agency requirements  
Use together with the FOOD FACT SHEET

FOOD COMPONENT	BREAKFAST 4 Food Components (milk, fruit, grain, protein)	LUNCH 5 Food Components (milk, vegetable, fruit, protein, grain)	SNACK 2 Food Components. Only 1 May Be A Beverage
<b>FLUID MILK</b> Skim, ½%, 1%	<b>6 fluid ounces</b>	<b>6 fluid ounces</b>	<b>4 fluid ounces</b>
<b>PROTEIN (MEAT/MEAT ALTERNATE) CHOOSE:</b>			
Lean Meat, Poultry or Fish	1 ½ ounces, or 7 grams *Head Start Regulations require Protein at Breakfast	1 ½ ounce or 10 grams	½ ounce
Tofu, Soy Product or Alternate Protein Products	1 ½ ounce	1 ½ ounce or 10 grams	½ ounce
Cheese	1 ½ ounce	1 ½ ounce	½ ounce
Large Egg	¾ of an egg	¾ of an egg	½ of an egg
Cooked Dry Beans or Peas	3/8 cup	3/8 cup	1/8 cup
Peanut Butter or Soy Nut Butter or Other Nut or Seed Butters	3 TBSP	3 TBSP	1 TBSP
Yogurt no more than 23grams sugar per 6 ounces	6 ounces or ¾ cup	6 ounces or ¾ cup	2 ounces or ¼ cup
<b>FRUITS</b>	½ cup	½ cup	½ cup
<b>JUICE</b>	Not allowed	Not allowed	100 % Juice once a week
<b>VEGETABLES</b>		½ cup	½ cup
<b>Grains: Must serve 1 Whole Grain Per Day:</b>			
Whole-grain rich or Enriched Bread	½ oz eq	½ oz eq	½ oz eq
Whole-grain rich or Enriched Bread Product, (such as crackers, biscuit, roll or muffin)	½ oz eq	½ oz eq	½ oz eq
Whole-grain rich, Enriched or Fortified Cooked Breakfast Cereal, Cereal Grain and/or Pasta	½ oz eq	½ oz eq	½ oz eq
Whole grain-rich, Enriched or Fortified Ready-to-Eat Breakfast	½ oz eq	½ oz eq	½ oz eq

<b>Cereal (dry -SEE APPROVED CEREAL LIST</b>			
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