

School Breakfast Program (SBP) Preschool Meal Pattern

School Year 2025-26 (July 1, 2025, through June 30, 2026)

Breakfast meal components ¹	Minimum for ages 1-2	Minimum for ages 3-5
Milk, fluid ² Age 1: Whole milk, unflavored Ages 2-5: Low-fat (1%) or fat-free milk, unflavored	4 fluid ounces (½ cup)	6 fluid ounces (¾ cup)
Vegetables, fruits, or portions of both ^{3, 4, 5}	¼ cup	½ cup
Grains, ounce equivalents (oz eq) ^{6, 7, 8, 9}	½ oz eq =	½ oz eq =
Whole grain-rich (WGR) or enriched bread or bread product, e.g., biscuit, roll, or muffin	½ oz eq ¹⁰	½ oz eq ¹⁰
WGR, enriched, or fortified cooked breakfast cereal ¹¹ , cereal grain ¹² , or pasta	¼ cup	¼ cup
WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (dry, cold): Flakes or rounds ¹¹	½ cup	½ cup
Puffed ¹¹	¾ cup	¾ cup
Granola ¹¹	⅛ cup	⅛ cup

School Breakfast Program (SBP) Preschool Meal Pattern

Menu Planning Notes

- 1 Breakfasts must include the minimum serving of the three meal components. Use the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine how foods credit and the amount that provides the required meal pattern serving. Commercial processed foods not listed in the FBG require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. School food authorities must verify PFS forms for accuracy prior to purchasing, serving, and claiming the product in reimbursable meals and snacks. Foods made from scratch must have a standardized recipe that documents the crediting information per serving. For information on crediting documentation, refer to the Connecticut State Department of Education's (CSDE) resources, [Using Child Nutrition \(CN\) Labels in the School Nutrition Programs](#), [Using Product Formulation Statements in the School Nutrition Programs](#), and [Accepting Processed Product Documentation in the School Nutrition Programs](#), and visit the CSDE's [Crediting Documentation for the Child Nutrition Programs](#) webpage. The CSDE's [Preschool Meal Pattern Training for the School Nutrition Programs](#) provides comprehensive guidance on meeting the preschool meal pattern and crediting requirements.
- 2 Flavored milk cannot be served. For information on the milk component, visit the "Milk" section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.
- 3 The vegetables component includes fresh, frozen, canned, and rehydrated dried vegetables, and pasteurized 100 percent vegetable juice. Vegetables credit based on volume (cups), except raw leafy greens credit as half the volume served, e.g., 1 cup of lettuce or spinach credits as ½ cup of the vegetables component. A serving of canned vegetables must be drained. Dried vegetables (such as potato flakes and dried soup mix) credit based on their rehydrated volume and require a PFS. The USDA's [CACFP best practices](#) recommend that preschool menus include at least one serving per week of each vegetable subgroup (dark green; red/orange; beans, peas, and lentils; starchy; and other). For information on the vegetables component, refer to the CSDE's resource, [Vegetable Subgroups in the Child and Adult Care Food Program](#), and visit the "Vegetables" section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.
- 4 Pasteurized 100 percent juice credits as either the vegetables component or fruits component at only one preschool meal or snack per day. The juice limit includes all fruit and vegetable juices, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. The USDA's [CACFP best practices](#) recommend serving whole fruits (fresh, frozen, canned, and dried) more often than juice. For crediting guidance, refer to the CSDE's resources, [Crediting Juices in the School Nutrition Programs](#) and [Crediting Smoothies in the School Nutrition Programs](#).
- 5 The fruits component includes fresh, frozen, and dried fruits, canned fruit in juice, water, or light syrup, and pasteurized 100 percent fruit juice. The creditable serving of canned fruit in 100 percent juice may include the juice but cannot include water or syrup. Fruits credit based on volume (cups), except dried fruits credit as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of the fruits component. For information on the fruits component, visit the "Fruits" section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage..

School Breakfast Program (SBP) Preschool Meal Pattern

- ⁶ Commercial grain products and standardized recipes must be made with creditable grains (whole grains, enriched grains, bran, and germ) and must be WGR or enriched. For information on identifying creditable grains, refer to the CSDE’s resources, [How to Identify Creditable Grains for the Preschool Meal Patterns of the School Nutrition Programs](#), [Crediting Whole Grains in the School Nutrition Programs](#), and [Crediting Enriched Grains in the School Nutrition Programs](#), and visit the “Grains” section of the CSDE’s Crediting Foods in School Nutrition Programs webpage.
- ⁷ At least one serving of grains per day must be WGR. The USDA’s [CACFP best practices](#) recommend at least two servings of WGR grains per day. To meet the preschool meal pattern WGR criteria, foods must contain at least 50 percent whole grains and the remaining grain ingredients must be enriched, bran, or germ. For crediting guidance, refer to the CSDE’s [Guide to Meeting the Whole Grain-rich Requirement for the CACFP](#) and visit “Whole Grain-rich Requirement” in the “Grains” section of the CSDE’s Meal Patterns for the Child and Adult Care Food Program webpage.
- ⁸ Grain-based desserts do not credit in the preschool meal patterns. Examples include cookies, piecrusts in sweet pies, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies. Sweet crackers (such as graham crackers and animal crackers) are allowed but the CSDE recommends limiting them to no more than twice per week between all preschool meals and snacks. For more information, visit the USDA’s webpage, [Grain-based Desserts in the CACFP](#).
- ⁹ Meats/meat alternates (MMA) may substitute for the entire grains component at breakfast up to three times per week. One oz eq of MMA substitutes for 1 oz eq of the grains component. For more information, visit the USDA’s [Serving Meats and Meat Alternates at Breakfast](#) webpage and the “Meats and Meat Alternates” section of the CSDE’s Crediting Foods in School Nutrition Programs webpage.
- ¹⁰ To credit as the required oz eq, the serving of a commercial grain product or standardized recipe must provide either: 1) the required serving weight (groups A-E) or volume (groups H-I) in the USDA’s Exhibit A chart (refer to the CSDE’s resources, [Grain Ounce Equivalents Chart for the School Nutrition Programs](#) and [How to Use the Grain Ounce Equivalents Chart for the School Nutrition Programs](#)); or 2) the minimum creditable grains per serving (refer to the CSDE’s resources, [Calculation Methods for Grain Ounce Equivalents for the Meal Patterns for School Nutrition Programs](#) and [When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs](#)). For more information, visit “Serving Requirements” in the “Grains” section of the CSDE’s Crediting Foods in School Nutrition Programs webpage.
- ¹¹ RTE and cooked breakfast cereals must be WGR, enriched, or fortified, and cannot exceed 6 grams of added sugars per dry ounce. For crediting guidance, refer to the CSDE’s resource, [Crediting Breakfast Cereals in the School Nutrition Programs](#).
- ¹² Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.

School Breakfast Program (SBP) Preschool Meal Pattern

For more information on the preschool meal patterns, visit the CSDE's [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage or contact the [school nutrition programs staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/nslp/preschool/breakfast_meal_pattern_preschool.pdf.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race; color; religious creed; age; sex; pregnancy; sexual orientation; workplace hazards to reproductive systems, gender identity or expression; marital status; national origin; ancestry; retaliation for previously opposed discrimination or coercion, intellectual disability; genetic information; learning disability; physical disability (including, but not limited to, blindness); mental disability (past/present history thereof); military or veteran status; status as a victim of domestic violence; or criminal record in state employment, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes. Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Attorney Louis Todisco, Connecticut State Department of Education, by mail 450 Columbus Boulevard, Hartford, CT 06103-1841; or by telephone 860-713-6594; or by email louis.todisco@ct.gov.

