



POWAY UNIFIED SCHOOL DISTRICT Food and Nutrition Department PRESCHOOL MEAL PATTERN



Beginning October 1, 2017, the meal pattern for preschool students will change. The USDA updated the preschool meal pattern requirements to better align them with the Dietary Guidelines for Americans, as required by the Healthy, Hunger-Free Kids Act of 2010. Meals served under the new preschool standards provide age-appropriate calories and nutrients, contain less sugar, and encourage a variety of fruits, vegetables, and whole grains.

SUMMARY OF CHANGES:

1. Offer vs Serve (OVS) is no longer applied to preschool students. Rather, each child will be served all meal components, in age-appropriate portion sizes.
2. Students will only be offered low fat white or fat free white milk (no chocolate milk).
3. Cereals served may contain no more than 6 grams of sugar per 1 ounce.
4. Dessert-type grains may no longer be served to preschool students.
Note: Poway schools will serve 8 fluid ounces of milk (1 carton).

BREAKFAST:

Meal Component	Previous PreK-5 Meal Pattern	New Preschool Meal Pattern
Milk	1 cup	3/4 cup
Fruit, Vegetable, or both	Offer 1 cup, student selects at least 1/2 cup	1/2 cup
Grains	Minimum 1 ounce equivalent per day, 7 ounce equivalents per week	1/2 ounce equivalent*

* Meat/meat alternate may be used to substitute the entire grains component a maximum of 3 times/week.

LUNCH:

Meal Component	Previous PreK-5 Meal Pattern	New Preschool Meal Pattern
Milk	1 cup	3/4 cup
Meat/Meat Alternate	Minimum 1 ounce equivalent per day, 8 ounce equivalents per week	1 1/2 ounces
Grains	Minimum 1 ounce equivalent per day, 8 ounce equivalents per week	1/2 ounce equivalent
Vegetables	Offer 3/4 cup per day, 3.75 cups per week	1/4 cup
Fruits	Offer 1/2 cup per day, 2.5 cups per week	1/4 cup