



Preschool Meals Fact Sheet

Twists and Turns of Preschool Meals

- Schools follow the NSLP/SBP meal patterns, which are designed to meet the nutrition needs of students in grades K-12.
- The Child and Adult Care Food Program (CACFP) preschool meal pattern targets the health and development of children ages 3-5 years old.
 - Only co-mingled preschool students may be served using the NSLP/SBP meal patterns. Co-mingled preschool students would then be served the same foods and portions as kindergarten students.
 - Co-mingling occurs when preschool students are in the same food service area and serving lines at the same time as K-12 students.
- Unique features of the CACFP meal pattern include:
 - Unflavored 1% or skim milk must be served.
 - Flavored milk cannot be served.
 - Vegetable subgroups do not exist in the CACFP meal pattern.
 - Grain-based desserts do not count for the grain component.
 - Limits exist on the amount of sugar allowed in breakfast cereals and yogurts.
 - Juice is only allowed once per day.
 - At lunch, two different vegetables may be served in place of a vegetable and fruit.
- Helpful resources include:
 - [Serving School Meals to Preschoolers](#)
 - [Choose Yogurts Lower in Sugar](#)
 - [Calculating Sugar Limits in Breakfast Cereals](#)

For all questions concerning preschool meals, please contact ISBE at cnp@isbe.net.