



Preschool Meal Pattern

Meal Patterns

[Preschool Meal Patterns \(Breakfast, Lunch, and Afterschool Snack\)](#)

[Sample Menu for Breakfast, Lunch and Afterschool Snack Meal Pattern Resources](#)

Meal Pattern Resources

[Updated Meal Pattern Requirements Checklist for Preschool Children](#)

[How Do They Compare? Child Nutrition Programs' Meal Pattern Requirements](#)

[Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program Meal Pattern](#)

[Serving School Meals to Preschoolers](#)

[Meal Pattern Training Slides and Tools](#)

Questions & Answers

[Preschool Meal Pattern Requirements: Q&A](#)

[Updated Infant and Preschool Meal Patterns in the National School Lunch Program and School Breakfast Program: Q&A](#)

[Flexibility for Co-Mingled Preschool Meals: Q&A](#)

[Updated Meal Pattern Requirements for Child and Adult Care Food Program: Q&A](#)

[Offer Versus Serve and Family Style Meals in the Child and Adult Care Food Program Q&A](#)

[Grain Requirements in the Child and Adult Care Food Program: Q&A](#)

Food Components

Grains

[Grain Chart](#)

Cereal Worksheet ([English](#), [Spanish](#))

[Grain-Based Desserts in the Child and Adult Care Food Program](#)

Meat/Meat Alternates

Yogurt Worksheet ([English](#), [Spanish](#))

Milk

[Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program](#)

Vegetables and Fruit

[Vegetable and Fruit Basics](#)

[Vegetable and Fruit Requirements in the Child and Adult Care Food Program](#)