

Pre-K Menu Review Checklist

Use this checklist to ensure that all Pre-K meal requirements are met.

Note: SFA's serving preschool students must be in compliance with the new added sugar in yogurt and cereal limits beginning 25-26 school year or no later than October 1, 2025. OVS is not an option for preschool students.

Breakfast:	Yes	No
All 3 components served in minimum required portion size: Milk, Vegetables and/or Fruits, Grains <u>or</u> Meat/Meat Alternate		
Only ready-to-eat breakfast cereals containing 6 grams of added sugar or less per dry ounce have been included on the menu.		
Meat/meat alternates are used to meet entire grains requirement no more than <u>three</u> times a week.		
Lunch/Supper:	Yes	No
All 5 components served in minimum required portion size: Milk, Meat/Meat Alternates, Vegetables, Fruits, Grains		
One vegetable and one fruit <u>or</u> two different vegetables are served. (Vegetables do not have to be from different subgroups. Two fruits may <u>not</u> be served).		
Snack:	Yes	No
2 <u>different</u> components served in minimum required portion size: Milk, Meat/Meat Alternate, Vegetables, Fruits, Grains		
Pasteurized full-strength juice is not served when milk is the only other component served at snack.		
All Menus:	Yes	No
Pasteurized full-strength <u>juice</u> may is only used to meet the fruit or vegetable requirement at <u>one</u> meal, including snack, per day or not served at all.		
Only ready-to-eat breakfast cereals containing 6 grams of added sugar or less per dry ounce have been included on the menu.		
At least one grain serving per day, across all eating occasions, is whole grain-rich.		
Grain-based desserts (e.g. granola bars, cookies, animal crackers, graham crackers) are not served as part of a reimbursable meal.		
Yogurts served contain no more than 12 grams of added sugars per 6 ounces (8 grams per 4 oz.)		
Children age one receive unflavored whole milk (unless breastfed).		
Preschool children receive unflavored low-fat (1%) or unflavored fat-free (skim) milk. Flavored milk (including fat-free flavored milk) is not served to preschool children.		
Commercially processed combination foods have a CN label or manufacturer's Product Formulation Statement (PFS) stating the food component contribution.		

*Refer to Revised Exhibit A: Grain Requirements for Pre-K to ensure correct portions of grain items are served.