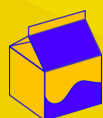


Southampton County Public Schools

PreK Meal Guidelines!!

In following USDA guidelines, our PreK students are given unique nutritional requirements when compared to students in other grade levels at their schools.

The available types of milk and serving sizes provided are focused on best supporting their growth and development.



Breakfast

Milk--unflavored only	6 ounces required daily
Fruits & Vegetables	1/2 cup daily (can be a combination)
Grains	1/2 ounce required daily
Meat/Meat Alternative	1/2 ounce can replace grains up to three times a week
Grain-based dessert	Does not always count--sweet crackers count towards grains

Lunch

Milk--unflavored only	6 ounces required daily
Fruits	1/4 cup required daily
Vegetables	1/4 cup required daily
Grains	1/2 ounce required daily
Meat/Meat Alternative	1 1/2 ounce required daily
Grain-based dessert	Sweet crackers (animal crackers) can count towards grain component

Sugar Limits in grams (g):

****Cereal cannot have more than 6g/oz & Yogurt 23g/6oz****

<https://tinyurl.com/SCPSNutrition>
www.southampton.k12.va.us

Southampton County Public Schools is an equal opportunity provider