



## LOS ANGELES UNIFIED SCHOOL DISTRICT REFERENCE GUIDE

**TITLE:** State Preschool Food Service Program for Preschool  
Students Enrolled in Early Childhood Education Programs

**NUMBER:** REF-4376.0

**ISSUER:** Judy Elliott, Chief Academic Officer  
Office of the Chief Academic Officer

**DATE:** July 21, 2008

**ROUTING**  
Local District  
Superintendents  
ECE Directors  
EEC Administrators  
Elementary State  
Preschool Teachers  
EEC Office Managers

**POLICY:** It is the responsibility of the Food Services Branch to provide breakfast or lunch to State Preschool Classrooms in all early education programs.

**MAJOR CHANGES:** This Reference Guide replaces BUL-293A, dated August 1, 2000.

**GUIDELINES:** Background  
The State Preschool Food Service Program consists of a breakfast or lunch. All foods are provided to (State Preschool classrooms) through the Food Services Branch.

Procedure  
Food Services Branch provides menus for all State Preschool Programs. A copy of the menus should be filed in the State Preschool Programs files and one copy should be posted in the classroom on the Parents' Bulletin Board.

Meal Patterns for Children and the Child Care Food Program  
All meals are served in the State Preschool classroom. Young children develop many skills during their early years. Learning to eat a variety of foods is one of the most important ones. Those responsible for food service in State Preschool Programs should provide the opportunity for children to eat and enjoy a variety of nutritious foods.

As specified in the regulations for the Child Care Food Program, meals or supplements served between meals (snacks) approved for cash reimbursement shall contain as a minimum, the food component listed in Exhibit "A".

**ASSISTANCE:** For information call your ECE Director at your Local District.

**EXHIBIT "A"**

**MEAL PATTERNS FOR CHILDREN IN STATE PRESCHOOL FOOD PROGRAMS**

<b>PATTERN</b>	<b>CHILDREN 1 up to 3 yrs.</b>	<b>CHILDREN 3 up to 6 yrs.</b>	<b>CHILDREN 6 yrs. To 12 yrs.</b>
<b><u>BREAKFAST</u></b>			
Milk, fluid low fat	1/2 cup (4 oz.)	3/4 cup (6 oz.)	1 cup
Juice or Fruit	1/4 cup	1/2 cup	1/2 cup
Cereal and/or Bread, (1) Enriched or whole grain			
Cereal, cold	1/4 cup	1/3 cup	3/4 cup
Cereal, cooked	1/4 cup	1/4 cup	1/2 cup
Bread	1/2 slice	1/2 slice	1 slice
<b><u>LUNCH</u></b>			
Milk, fluid low fat	1/2 cup (4 oz.)	3/4 cup (6 oz.)	1 cup (8 oz.)
Meat and/or Alternate one of the following or combinations to give equivalent quantities			
Meat, poultry, fish, Cooked (2)	1 oz.	1-1/2 oz.	2 oz.
Cheese	1 oz.	1-1/2 oz.	2 oz.
Egg	1	1	1
Cooked dry beans & peas	1/4 cup	3/8 cup	1/2 cup
Peanut butter	2 tbsp.	3 tbsp.	4 tbsp.
Vegetable and/or fruit (3)	1/4 cup	1/2 cup	3/4 cup
Bread (1) enriched or whole grain	1/2 slice	1/2 slice	1 slice

- (1) Or an equivalent serving of cornbread, biscuits, rolls, muffins, etc., made of enriched or whole grain meal or flour.
- (2) Cooked lean meat without bone.
- (3) Must include at least two kinds.