**Important Changes to Lunch Requirements for ECC 2018**

In order to meet accreditation guidelines, all ECC lunches must meet the USDA Meal Pattern Guidelines. In the past, lunches were required to have two servings of fruits and/or vegetables. This could be met with 2 fruits, 2 vegetables or a combination of 1 fruit/1 vegetable. **The guidelines now state that all lunches must contain at least 1 serving of fruits and 1 serving of vegetables.**  The 5 lunch components and serving sizes are listed below. Lunches not meeting the requirements will be supplemented in order to meet the guidelines. Lunch Supplementation Fees will apply.

Ages 1-2 Ages 3-5

**Liquid Milk** ½ cup ¾ cup

**Meat/Meat Alternative** (1 item)

Deli Meat 1 oz 1 ½ oz

Tofu or other alt. protein 1 oz 1 ½ oz

Beans, seeds, nuts 3/8 cup ½ cup

Hard Boiled Eggs ½ egg ¾ egg

Cheese Cubes/slice 1 oz 1 ½ oz

Yogurt 4 oz or ( ½ cup) 6 oz or ( ¾ cup)

**Fruits** (1 item)

Any kind-either canned or fresh 1/8 cup ¼ cup

**Vegetables** (1 item)

Any kind-either canned or fresh 1/8 cup ¼ cup

**Breads/Grains** (1 item)

Bread (enriched or whole grain) ½ slice ½ slice

Cereal (enriched or whole grain) ¼ cup ¼ cup

(less than 6 grams sugar per dry ounce)

Pasta (enriched or whole grain) ¼ cup ¼ cup

Crackers (enriched or whole grain) ½ serving as stated on box ½ serving as stated on box

Cornbread, muffins, rolls, etc ½ serving as stated on box ½ serving as stated on box

(enriched or whole grains)