

Breakfast Meal Pattern

Meal Pattern	Amount of Food Per Week (Minimum per day)		
	Grades K - 5	Grades 6 – 8	Grades 9 - 12
5-day Week			
Fruit (cup)	5 (1)	5 (1)	5 (1)
Grains (oz. eq.)	7-10 (1)	8-10 (1)	9-10 (1)
Fluid Milk (cup)	5 (1)	5 (1)	5(1)
4-day Week			
Fruit (cup)	4 (1)	4 (1)	4 (1)
Grains (oz. eq.)	5.5-8 (1)	6.5-8 (1)	7-8 (1)
Fluid Milk (cup)	4 (1)	4 (1)	4 (1)
Nutrient Standards	Grades K-5	Grades 6-8	Grades 9-12
Calories	350-500	400-550	450-600
Saturated Fat	<10%	<10%	<10%
Sodium (mg.)	≤ 540	≤600	≤640

Fruit

The reimbursable meal selected by the student under offer vs. serve must include at least ½ cup of fruit (or substitute vegetable), or ½ cup of juice. The total weekly fruit and/or vegetable juice offerings may not exceed one-half of the total fruits (or vegetables, if substituted for fruits) offered over the week.

Vegetables

Vegetables may be substituted for fruits, however, at least 2 cups of the red/orange, dark green, legumes, or “other” vegetable subgroups must be offered over the course of the week. Vegetables may be included as an “extra” (*will not* be counted towards the component contribution nor counted for offer vs. serve; *will* be included in the nutrient analysis).

Grains

All grains offered must be whole grain-rich products that conform to FNS guidance at <http://www.fns.usda.gov/tn/whole-grain-resource>.

Meat/Meat Alternate

There is no separate meat/meat alternate component in the School Breakfast Program. SFAs may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met. Meat/meat alternates may be included as an “extra” (*will not* be counted towards the component contribution nor counted for offer vs. serve; *will* be included in the nutrient analysis).

Milk

Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).