



Breakfast		
Must serve all three components for a reimbursable meal		
Food Components and Food Items	Ages 3-5	Ages 6-12
Fluid Milk	6 fluid ounces	8 fluid ounces
Vegetables, fruits or portions of both	½ cup	½ cup
Grains (oz eq)		
Whole grain-rich or enriched bread	½ serving	1 slice
Whole grain-rich or enriched bread product such as biscuit roll or muffin	½ serving	1 serving
Whole grain rich, enriched or fortified cooked breakfast cereal, cereal grain and/or pasta	¼ cup	½ cup
Whole grain rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)		
Flake or rounds	½ cup	1 cup
Puffed cereal	¾ cup	1 ¼ cup
Granola	⅛ cup	¼ cup

Milk:

- Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old.

Fruit/Vegetables:

- All juice must be 100% full strength. Juice may only be used to meet the vegetable or fruit requirement one time per day.

Grains:

- At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement. Conform to FNS guidance at: <http://www.fns.usda.gov/tn/whole-grain-resource>.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
- Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-12.

Meat/Meat Alternate:

- There is no separate meat/meat alternate component in the breakfast meal pattern. Sponsors may substitute 1 oz eq of meat/meat alternate for 1 oz eq of grains to meet the entire grains requirement a maximum of three times a week at breakfast.