

SY 2013-2014 SCHOOL BREAKFAST MEAL PATTERNS

Meal Pattern	K-5 Daily	6-8 Daily	9-12 Daily
Fruit ¹	½ cup	½ cup	½ cup
Vegetables ¹	0	0	0
Grains ² K-5: 7 oz minimum – 10 oz maximum weekly 6-8: 8 oz minimum – 10 oz maximum weekly 9-12: 9 oz minimum – 10 oz maximum weekly	1 oz eq.	1 oz eq.	1 oz eq.
Meats/Meat Alternates ³	0	0	0
Fluid Milk ⁴	1 cup	1 cup	1 cup

¹ One quarter-cup of dried fruit counts as ½ cup of fruit; All juice must be 100% full-strength.

² At least half of the grains offered must be whole grain-rich.

³ There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz eq. of meat/meat alternate for 1 oz eq. of grains after the minimum daily grains requirement is met.

⁴ Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).