

# School Breakfast Program Meal Pattern



Quantity Per Week (Minimum per day)					
5-day Week	Grades K-5	Grades 6-8	Grades K-8 <sup>1</sup>	Grades 9-12	Grades K-12 <sup>1</sup>
Fruit (cup)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Grains (oz eq) <sup>2</sup>	7-10 (1)	8-10 (1)	8-10 (1)	9-10 (1)	9-10 (1)
Fluid Milk (cup)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
4-day Week	Grades K - 5	Grades 6 - 8	Grades K-8	Grades 9 - 12	Grades K-12
Fruit (cup)	4 (1)	4 (1)	4 (1)	4 (1)	4 (1)
Grains (oz eq) <sup>2</sup>	5.5-8 (1)	6.5-8 (1)	6.5-8 (1)	7-8 (1)	6.5-8 (1)
Fluid Milk (cup)	4 (1)	4 (1)	4 (1)	4 (1)	4 (1)
Nutrient Standards	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Calories	350-500	400-550	400-500	450-600	450-500
Saturated Fat	<10%	<10%	<10%	<10%	<10%
Sodium Target 1 (mg.)	≤540	≤600	≤540	≤640	≤540

<sup>1</sup>Breakfast meal pattern quantity requirements allow for an overlap across grades K-8 and K-12.

<sup>2</sup>The weekly maximum quantities for grains are recommended.

## Fruit

The reimbursable meal selected by the student under offer vs. serve must include at least ½ cup of fruit (or substitute vegetable). All juice must be 100% full-strength. 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 from any subgroup may be substituted for fruits. 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

At least 80% of the grains offered per week must be whole grain-rich products that conform to FNS guidance in the [Whole Grain Resource](#). Each service line should be considered separately.

## 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 or fat-free (unflavored or flavored). Two varieties of milk must be available throughout the meal service.

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**COLORADO**  
Department of Education  
School Nutrition