

School Breakfast Program Meal Pattern



Quantity Per Week (Minimum per day)					
5-day Week	Grades K-5	Grades 6-8	Grades K-8 ¹	Grades 9-12	Grades K-12 ¹
Fruit (cup)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Grains or M/MA (oz eq) ²	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 and M/MA(oz eq) ²	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

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

²The weekly maximum quantities for Grains and M/MA 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. If substituting vegetables for fruits more than once per week, they must come from at least two different vegetable subgroups.

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

Meat/meat alternates may be offered in place of grains or in combination with grains to meet the minimum ounce equivalents.

Milk

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