



## Breakfast Meal Pattern

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

Half of all grains offered over the course of a week 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 flavored) or fat-free (unflavored or flavored).