

## BREAKFAST MEAL PATTERN (FOUR-DAY WEEK)

Required Meal Components	<u>Grades K-5</u>		<u>Grades 6-8</u>		<u>Grades K-8*</u>		<u>Grades 9-12</u>	
	Daily	Weekly	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fruit (Cups)	1	4	1	4	1	4	1	4
Grains (oz. eq.)	1	5.5-8**	1	6.5-8**	1	6.5-8**	1	7-8**
Milk (Cups)	1	4	1	4	1	4	1	4

Required Nutrient Standards	<u>Grades K-5</u>	<u>Grades 6-8</u>	<u>Grades K-8*</u>	<u>Grades 9-12</u>
Calorie Range (daily average over week)	350-500	400-550	400-500	450-600
Saturated Fat (% of total calories)	<10	<10	<10	<10
Trans Fat (grams)	0	0	0	0
Sodium (milligrams)	540 mg or less	600 mg or less	540 mg or less	640 mg or less

### Important Notes:

#### \*K-8 Meal Pattern

The K-8 meal pattern is only for schools with grade configurations that prevent students from being separated into the required grade groups (K-5 and 6-8) at breakfast. Examples include schools with grades K-8 or grades 5-8 where students from different grade groups eat together during the same breakfast period. **If students can be served separately in their appropriate grade groups, schools must use the required meal patterns for grades K-5 and 6-8.**

(Important Notes continued on Next Page)

### **\*\*Weekly Grains Range**

**There is no maximum grain requirement.** Menus are not required to comply with the maximum indicated, but must meet the minimum requirement and stay within the calorie range. The weekly maximum provides a guide to help schools plan age-appropriate meals that meet the calorie, saturated fat and sodium requirements.

### **Meat/Meat Alternate:**

There is no separate requirement to offer a meat/meat alternate component in the SBP. Schools may substitute a meat/meat alternate in place of part of the grain component after the minimum 1 oz. daily grains requirement is met. A 1 ounce equivalent (oz. eq.) of meat/meat alternate may credit as 1 oz. eq. of grains. A meat/meat alternate may also be offered as an “extra” and not counted as any component. Calories and saturated fat will be included if a nutrient analysis is conducted during an administrative review.

A 1 oz. meat/meat alternate equals:

- 1 oz. lean meat, poultry, fish or cheese
- ¼ cup cooked beans/peas (legumes)
- ½ large egg
- 2 Tbsp. nut butters
- 1 oz. nuts or seeds
- ½ cup yogurt or soy yogurt
- ¼ cup commercial tofu containing at least 5 grams protein

### **Fruit**

- LEAs must offer a minimum of 1 cup of fruit daily to all grade groups
- Vegetables may be substituted for fruit, but the first 2 cups per week must be from the dark green, red/orange, beans and peas (legumes) or “other” vegetable subgroups. Starchy vegetables may be offered on any day if the weekly menu includes at least 2 cups of non-starchy vegetables.
- Full-strength pasteurized juice (fruit or vegetable) cannot exceed half (50%) of the weekly fruit requirement (no more than 2 cups of juice per 4 day week for all grade levels)
- Fruits include fresh, frozen, canned in light syrup, water or juice or dried. Dried fruit counts as twice the volume served

- Additional fruit may be offered if the calorie level in the average breakfast offered over the week is within the calorie range established in the meal pattern for each age/grade group

### **Grains:**

- **All grains** must be whole grain-rich (WGR), i.e., the product contains at least 50 percent whole grains, any remaining grains are enriched and any non-creditable grains are less than 2 percent ( $\frac{1}{4}$  ounce equivalent) of the product formula. For more information, see *Whole Grain Resource for NSLP and SBP Manual*
- All grains must meet the serving sizes specified in the *WGR Ounce Equivalent Requirements for School Nutrition Programs Chart*
- For all grade groups, schools must offer a minimum of 1 oz. eq. grains daily

### **Milk:**

At least two varieties must be offered daily from the following choices only:

- Low fat (1%) unflavored
- Fat free unflavored or flavored

### **Nutrient Standards:**

- Nutrient standards are daily amounts based on the average for a five day week
- Schools that regularly operate for 6 or 7 days must increase weekly minimum component requirements by 20% for each additional day. Schools that regularly operate 4 days must decrease weekly requirements by 20% for each day less than five days
- The sodium limit (first target) applies through June 30, 2017.