

BREAKFAST MEAL PATTERN (SEVEN-DAY WEEK)

| Required Meal Components | Grades K-5 | | Grades 6-8 | | Grades K-8* | | Grades 9-12 | |
|--------------------------|------------|---------|------------|---------|-------------|---------|-------------|-----------|
| | Daily | Weekly | Daily | Weekly | Daily | Weekly | Daily | Weekly |
| Fruit (Cups) | 1 | 7 | 1 | 7 | 1 | 7 | 1 | 7 |
| Grains (oz. eq.) | 1 | 10-14** | 1 | 11-14** | 1 | 11-14** | 1 | 12.5-14** |
| Milk (Cups) | 1 | 7 | 1 | 7 | 1 | 7 | 1 | 7 |

| Required Nutrient Standards | Grades K-5 | Grades 6-8 | Grades K-8* | Grades 9-12 |
|-------------------------------------|----------------|----------------|----------------|----------------|
| Calorie Range (daily average) | 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/sites with grade configurations that prevent students from being separated into the required grade groups (K-5 and 6-8) at breakfast. Examples include schools/sites 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/sites 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 3½ cups of juice per 7 day week for all age/grade levels)
- Fruits include fresh, frozen, canned in light syrup, water or juice or dried. Dried fruit counts as twice the volume served

- Larger amounts of fruit (or vegetables) may be offered if meals do not exceed the weekly limit for calories, saturated fat and sodium

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 (¼ 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 seven day week
- The sodium limit (first target) applies through June 30, 2017.