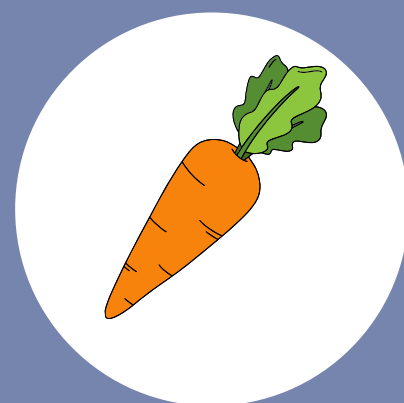
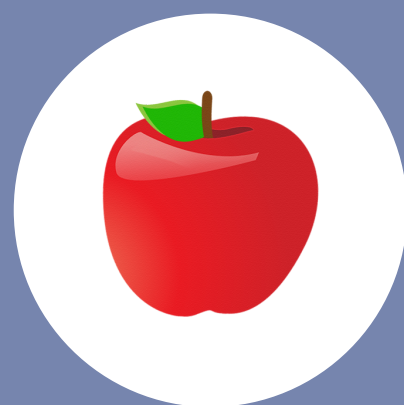
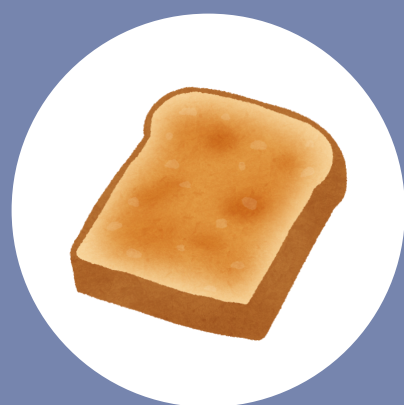


Select All 3 Food Components for a Nutritious Breakfast!

Fruit
and/or Vegetable



Grain and/or
Meat/Meat Alternate



Milk



Notes for School Nutrition Personnel

Optional Breakfast Menu Planning Flexibilities

Substituting Vegetables for Fruits

- Schools choosing to offer vegetables at breakfast one day per school week have the option to offer a vegetable from any of the vegetable subgroups: dark green, red/orange, beans/peas/lentils, starchy, and other.
- Schools choosing to substitute vegetables for fruits at breakfast on two or more days per school week are required to offer vegetables from at least two different subgroups.

Grain and/or Meat/Meat Alternate

- Schools may offer grains, meats/meat alternates, or a combination of both to meet the minimum ounce equivalent in this combined meal component requirement.

Nutrient Requirements for Breakfast

- Added Sugars:**
 - Breakfast Cereals must not contain more than 6 grams of added sugars per dry ounce.
 - Yogurt must not contain more than 12 grams of added sugars per 6 ounces.
 - Flavored Milk must not contain more than 10 grams of added sugars per 8 fluid ounces. Please note: Flavored Milk is not creditable under the Preschool Meal Pattern.
 - Please note: Beginning in the 2027-2028 School Year, added sugars must be less than 10% of calories per week in the school breakfast programs. These weekly limits will be in addition to product-based limits.*

- Sodium Limits:**

School Breakfast Program	
Age/Grade Group	Sodium Limit by SY2027-2028
Grades K-5	≤ 485 mg
Grades 6-8	≤ 535 mg
Grades 9-12	≤ 570 mg