

**School Breakfast Program Meal Pattern**

| | Grades K-5 | Grades 6-8 | Grades 9-12 |
|---|--|-------------------|--------------------|
| Food Components | Amount of Food ^a per Week | | |
| | (minimum per day) | | |
| Fruits (cups) ^{b c} | 5 (1) | 5 (1) | 5 (1) |
| Vegetables (cups) ^{b c} | 0 | 0 | 0 |
| Dark green | 0 | 0 | 0 |
| Red/Orange | 0 | 0 | 0 |
| Beans and peas (legumes) | 0 | 0 | 0 |
| Starchy | 0 | 0 | 0 |
| Other | 0 | 0 | 0 |
| Grains (oz eq) ^d | 7-10 (1) | 8-10 (1) | 9-10 (1) |
| Meats/Meat Alternates (oz eq) ^e | 0 | 0 | 0 |
| Fluid milk ^f (cups) | 5 (1) | 5 (1) | 5 (1) |
| Other Specifications: Daily Amount Based on the Average for a 5-Day Week | | | |
| Min-max calories (kcal) ^{g h} | 350-500 | 400-550 | 450-600 |
| Saturated fat (% of total calories) ^h | <10 | <10 | <10 |
| Sodium Target 1 (mg) | ≤ 540 | ≤ 600 | ≤ 640 |
| <i>Trans</i> fat ^h | Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving. | | |

^a Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is $\frac{1}{8}$ cup.

^b One-quarter cup of dried fruit counts as $\frac{1}{2}$ cup of fruit; 1 cup of leafy greens counts as $\frac{1}{2}$ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^c Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans/peas (legumes), or “Other vegetables” subgroups, as defined in §210.10(c)(2)(iii) of this chapter.

^d At least 80 percent of grains offered weekly must meet the whole grain-rich criteria specified in FNS guidance, and the remaining grain items offered must be enriched. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

^e There is no meat/meat alternate requirement.

^f All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored, provided that unflavored milk is offered at each meal service.

^g The average daily calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

^h Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, *trans* fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.
