

School Breakfast Meal Pattern

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
Meat or Meat Alternates None required but may substitute 1 oz equivalent of meat /meat alternate for 1 oz equivalent grains after minimum daily grain is met			
Vegetables May be substituted for fruits, but the first 2 cups/week must be from a subgroup other than starchy (dark green, red/orange, legumes, other)			
Fruits	5 cups/week* (1 cup daily minimum)	5 cups/week* (1 cup daily minimum)	5 cups/week* (1 cup daily minimum)
Grains / Breads -minimum -At least half whole grain beginning School Year 2013-14 -All whole grain beginning School Year 2014-2015	7 oz equivalent/week (1 oz daily minimum)	8 oz equivalent/week (1 oz daily minimum)	9 oz equivalent/week (1 oz daily minimum)
Minimum – Maximum Calories (kcal) Weekly average	350 – 500	400 – 550	450 - 600
Saturated Fat (% of total calories) Weekly average	<10%	<10%	<10%
Sodium** Weekly average	≤ 540 mg*	≤ 600 mg*	≤ 640 mg*
Trans Fat	0 grams/serving	0 grams/serving	0 grams/serving

*Effective School Year 2014-15 **Increasingly restrictive targets in School Year 2017-18 and School Year 2022-23