

Breakfast Meal Pattern

| | Preschool | Grades K-5 | Grades 6-8 | Grades 9-12 |
|---|--|---|------------|-------------|
| Food Components | Amount of Food per Week (minimum per day) | | | |
| Fruits (cups) | 2½ (½) | 5 (1) | 5 (1) | 5 (1) |
| Vegetables (cups) | May count toward Fruits requirement. | May credit toward Fruits requirement. ¹ | | |
| Grains (oz. eq. unless otherwise indicated) | 1¼ slices/servings (½ slice/serving) or 1¼ cup (¼ cup) | 7-10 (1) | 8-10 (1) | 9-10 (1) |
| Meats/Meat Alternates (oz. eq.) | May substitute for Grains up to 3 times per week. | May credit toward Grains requirement if at least 1 oz. eq. of Grains is offered. | | |
| Fluid milk (cups) | 3¾ (¾) | 5 (1) | 5 (1) | 5 (1) |
| Other Specifications: Daily Amount Based on the Average for a 5-Day Week | | | | |
| Min-Max Calories (kcal) | N/A | 350-500 | 400-550 | 450-600 |
| Saturated Fat (% of total calories) | N/A | <10 | <10 | <10 |
| Other Specifications: Daily Amount Based on the Average for a 5-Day Week | | | | |
| Sodium Target 1 (mg) (through SY 2023-24) | N/A | ≤540 | ≤600 | ≤640 |
| Sodium Target 2 (mg) (effective July 1, 2024) | | ≤485 | ≤535 | ≤570 |
| <i>Trans</i> fat | N/A | Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving. (This does not apply to naturally occurring <i>trans</i> fats, present in some meat and dairy products.) | | |

¹ Vegetables are not required in the SBP, but schools may choose to offer vegetables in place of fruits. To offer starchy vegetables in place of fruits, at least 2 cups of red/orange, dark green, legumes, or "other" vegetable subgroups must also be offered on a menu within the week. Effective February 15, 2019, through June 30, 2021, Federal funds may not be used to enforce this provision. This means that, through June 30, 2021, schools may offer any vegetable in place of fruits at breakfast, including potatoes and other starchy vegetables, without including vegetables from other subgroups in the weekly menus (Further Consolidated Appropriations Act, 2020, Section 749).