

## BREAKFAST MEAL PATTERN (FIVE-DAY WEEK)

Required Meal Components	<u>Grades Pre-K</u> Ages 3-5	<u>Grades K-5</u>		<u>Grades 6-8</u>		<u>Grades K-8</u>		<u>Grades 9-12</u>	
		Daily	Weekly	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fruit (Cups)	1/2*	1	5	1	5	1	5	1	5
Grains (oz. eq.)	1/2	1	7-10**	1	8-10**	1	8-10**	1	9-10**
Milk (Cups)	3/4	1	5	1	5	1	5	1	5

Required Nutrient Standards	<u>Grades Pre-K</u> Ages 3-5	<u>Grades K-5</u>	<u>Grades 6-8</u>	<u>Grades K-8</u>	<u>Grades 9-12</u>
Calorie Range (Daily Average over the week)	-	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 (mg) Target 1 SY 2022-2023 and SY 2023-2024	-	540 mg or less	600 mg or less	540 mg or less	640 mg or less

### **Important Notes:**

#### **CACFP Preschool Meal Pattern:**

- ❖ **\*Fruits/Vegetables:** May serve fruits, vegetables, or combination of both to meet the combined vegetables/ fruit component. Can serve 100% juice once per day. For example, if juice is served at breakfast, it cannot be served at lunch.
- ❖ **Grains:** One of the grain components must be whole grain-rich every day. Enriched grains may be served at lunch if whole grain-rich items are served at breakfast. Cereals must contain no more than 6 grams of sugar per dry ounce. Grain based desserts may not credit toward the grains component. Sweet crackers (graham and animal crackers) are allowable and can count toward the grains component.
- ❖ **Milk:** For 3-5 year old's: unflavored low-fat (1%) or unflavored fat-free (skim) milk.
- ❖ **Meat/Meat Alternates:** Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week. When substituting the meat/meat alternates at breakfast, it must be substituted for the entire grains component. Yogurt must contain no more than 23 grams of sugar per 6 ounces.

Preschool students are required to follow the CACFP preschool meal pattern, however, the USDA allows flexibility for co-mingled students. Schools that serve meals to preschoolers and K-5 students in the same service area at the same time may choose to follow either the K-5 meal pattern or the CACFP preschool meal pattern.

#### **K-8 Meal Pattern**

The K-8 meal pattern is only for schools with grade configurations that prevent students from being separated into the required grade groups (K-5 and 6-8) at breakfast. Examples include schools 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 must use the required meal patterns for grades K-5 and 6-8.**

#### **\*\*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:**

- SFAs must offer a minimum of 1 cup of fruit daily to all grade groups
- SFAs may credit any vegetables offered, including potatoes and other starchy vegetables, in place of fruit, without including vegetables from other subgroups in the weekly menus.
- Full-strength pasteurized juice (fruit or vegetable) cannot exceed half (50%) of the weekly fruit requirement (no more than 2-1/2 cups of juice per week for all grade levels)
- Fruits include fresh, frozen, canned in light syrup, water or juice or dried. Dried fruit counts as twice the volume served
- Additional fruit may be offered if the calorie level in the average breakfast offered over the week is within the calorie range established in the meal pattern for each age/grade group

**Grains:**

- At least 80% of the grains served in school meals per week must be whole grain-rich (WGR) and the remaining grains served must be enriched. To meet USDA's whole grain-rich criteria, a product must contain at least 50% whole grains, and the remaining grain content of the product must be enriched. If whole grain-rich or enriched products include non-creditable ingredients, the non-creditable grains must be less than 2% of the product formula by weight (or less than 0.25 oz. eq.) for the grain product to be creditable at lunch or breakfast.
- All grains must meet the serving sizes specified in the Whole Grain-Rich Ounce Equivalency Requirements for School Meal Programs (Form #33).
- For all grade groups, schools must offer a minimum of 1 oz. eq grains daily
- For more information, see USDA's Whole Grain Resource for the National School Lunch and School Breakfast Programs.

**Milk:**

- At least two varieties must be offered daily from the choices listed below. Please note, one of the selections must be unflavored milk
  - Low Fat (1%) unflavored or flavored
  - Fat free unflavored or flavored

**Nutrient Standards:**

- Nutrient standards are daily amounts based on the average for a five day week
- The sodium limit Target 1 applies to SY 2022-2023 and 2023-2024 for those meals served under the School Breakfast Program.