# BREAKFAST MEAL PATTERN
(SEVEN-DAY WEEK)

## Required Meal Components

<table>
<thead>
<tr>
<th></th>
<th>Grades K-5</th>
<th></th>
<th>Grades 6-8</th>
<th></th>
<th>Grades K-8</th>
<th></th>
<th>Grades 9-12</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit (Cups)</td>
<td>1</td>
<td>7</td>
<td>1</td>
<td>7</td>
<td>1</td>
<td>7</td>
<td>1</td>
<td>7</td>
</tr>
<tr>
<td>Grains (oz. eq.)</td>
<td>1</td>
<td>10-14**</td>
<td>1</td>
<td>11-14**</td>
<td>1</td>
<td>11-14**</td>
<td>1</td>
<td>12.5-14**</td>
</tr>
<tr>
<td>Milk (Cups)</td>
<td>1</td>
<td>7</td>
<td>1</td>
<td>7</td>
<td>1</td>
<td>7</td>
<td>1</td>
<td>7</td>
</tr>
</tbody>
</table>

## Required Nutrient Standards

<table>
<thead>
<tr>
<th></th>
<th>Grades K-5</th>
<th></th>
<th>Grades 6-8</th>
<th></th>
<th>Grades K-8</th>
<th></th>
<th>Grades 9-12</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calorie Range</td>
<td>350-500</td>
<td></td>
<td>400-550</td>
<td></td>
<td>400-500</td>
<td></td>
<td>450-600</td>
<td></td>
</tr>
<tr>
<td>(daily average)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>&lt;10</td>
<td></td>
<td>&lt;10</td>
<td></td>
<td>&lt;10</td>
<td></td>
<td>&lt;10</td>
<td></td>
</tr>
<tr>
<td>(% of total calories)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trans Fat (grams)</td>
<td>0</td>
<td></td>
<td>0</td>
<td></td>
<td>0</td>
<td></td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Sodium (milligrams)</td>
<td>540 mg or less</td>
<td></td>
<td>600 mg or less</td>
<td></td>
<td>540 mg or less</td>
<td></td>
<td>640 mg or less</td>
<td></td>
</tr>
</tbody>
</table>

**Important Notes:**

**K-8 Meal Pattern**

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

Schools serving preschool and K-5 students in same food service area can choose to follow separate meal patterns (Preschool and K-5) or serve K-5 meal pattern to everyone. If preschool students eat separately in their classroom, schools must follow the preschool meal pattern. Specific preschool meal pattern requirements are available under Resources in SNEARS

**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

- LEAs must offer a minimum of 1 cup of fruit daily to all grade groups
- Vegetables may be substituted for fruit, but the first 2 cups per week must be from the dark green, red/orange, beans and peas (legumes) or “other” vegetable subgroups. Starchy vegetables may be offered on any day if the weekly menu includes at least 2 cups of non-starchy vegetables.
- Full-strength pasteurized juice (fruit or vegetable) cannot exceed half (50%) of the weekly fruit requirement (no more than 3½ cups of juice per 7 day week for all age/grade levels)
- Fruits include fresh, frozen, canned in light syrup, water or juice or dried. Dried fruit counts as twice the volume served
- Larger amounts of fruit (or vegetables) may be offered if meals do not exceed the weekly limit for calories, saturated fat and sodium

Grains:

- All grains must be whole grain-rich (WGR), i.e., the product contains at least 50 percent whole grains, any remaining grains are enriched and any non-creditable grains are less than 2 percent (¼ ounce equivalent) of the product formula. For more information, see Whole Grain Resource for NSLP and SBP Manual
- All grains must meet the serving sizes specified in the WGR Ounce Equivalent Requirements for School Nutrition Programs Chart
- For all grade groups, schools must offer a minimum of 1 oz. eq. grains daily

Milk:

At least two varieties must be offered daily from the following choices only:

- Low fat (1%) unflavored or flavored
- Fat free unflavored or flavored

Nutrient Standards:

- Nutrient standards are daily amounts based on the average for a seven day week
- The sodium limit (Target 1) applies through June 30, 2018.