## BREAKFAST MEAL PATTERN
### (SIX-DAY WEEK)

<table>
<thead>
<tr>
<th>Required Meal Components</th>
<th>Grades K-5</th>
<th>Grades 6-8</th>
<th>Grades K-8</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Daily</td>
<td>Weekly</td>
<td>Daily</td>
<td>Weekly</td>
</tr>
<tr>
<td>Fruit (Cups)</td>
<td>1</td>
<td>6</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>Grains (oz. eq.)</td>
<td>1</td>
<td>8.5-12**</td>
<td>1</td>
<td>9.5-12**</td>
</tr>
<tr>
<td>Milk (Cups)</td>
<td>1</td>
<td>6</td>
<td>1</td>
<td>6</td>
</tr>
</tbody>
</table>

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

### Important Notes:

**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.**

(Important Notes continued on Next Page)
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
- 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
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. Only 100% pasteurized full strength juice is allowed.

Fruits include fresh, frozen, canned in light syrup, water or juice or dried. Dried fruit counts as twice the volume served.

**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 five day week.
- The sodium limit (Target 1) applies through June 30, 2018.