

BREAKFAST MEAL PATTERN

Form #91

(FIVE-DAY WEEK)

Rev 5/15

Required Meal Components	<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	5	1	5	1	5	1	5
Grains (oz. eq.)	1	7-10**	1	8-10**	1	8-10**	1	9-10**
Milk (Cups)	1	5	1	5	1	5	1	5

Required Nutrient Standards	<u>Grades K-5</u>	<u>Grades 6-8</u>	<u>Grades K-8*</u>	<u>Grades 9-12</u>
Calorie Range (daily average)	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 (milligrams)	540 mg or less	600 mg or less	540 mg or less	640 mg. or less

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)

****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 (no more than 2½ 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.

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 ($\frac{1}{4}$ 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
- Fat free unflavored or flavored

Nutrient Standards:

- Nutrient standards are daily amounts based on the average for a five day week
- Schools that regularly operate for 6 or 7 days must increase weekly minimum component requirements by 20% for each additional day. Schools that regularly operate 4 days must decrease weekly requirements by 20% for each day less than five days
- The sodium limit (first target) applies through June 30, 2017.