

Breakfast Meal Pattern - Effective July 1, 2019

Food Component	Required Grade Groups ¹ Amount of Food ² per Week (Minimum per Day)		
	Grades K-5	Grades 6-8	Grades 9-12
Fruit: ^{3, 4} Dried Fruit - 1/4 cup serving is equal to 1/2 cup of fruit	1 cup per day	1 cup per day	1 cup per day
Vegetables: ^{3, 5} Not required to be served	0	0	0
Grains: Grains-Breads Chart ⁶ At least half the grains offered during the week must be whole grain-rich.	7 oz eq per week (1 oz eq per day)	8 oz eq per week (1 oz eq per day)	9 oz eq per week (1 oz eq per day)
Meat/Meat Alternate: Not required to be served. (Imitation cheese, canned or powdered cheese/sauce and bacon do not credit.) Meat/Meat Alternate Examples:	0	0	0
Meat, poultry, fish (cooked wt), cheese (aged or processed)	1 oz	1 oz	1 oz
Egg (large)	1/2 large egg	1/2 large egg	1/2 large egg
Cooked dry beans/peas ⁵	1/4 cup	1/4 cup	1/4 cup
Yogurt & Soy Yogurt (commercially prepared)	4 fl oz or 1/2 cup	4 fl oz or 1/2 cup	4 fl oz or 1/2 cup
Peanut butter or other nut/seed butter	2 Tbsp	2 Tbsp	2 Tbsp
Peanuts, soy nuts, tree nuts, seeds	1 oz	1 oz	1 oz
Tofu (commercially prepared)	2.2 oz or 1/4 cup	2.2 oz or 1/4 cup	2.2 oz or 1/4 cup
Milk (fluid): Served as a beverage or on cereal or both. Must offer two kinds. Unflavored or flavored milk must be low fat (1%) or fat free.	8 fl oz per day	8 fl oz per day	8 fl oz per day
Calories: (minimum-maximum ranges) ^{7,8}	350-500	400-550	450-600
Saturated Fat: (percent of total calories) ⁸	< 10%	< 10%	< 10%
Sodium (milligrams) ⁹	≤540	≤600	≤640
Trans fat ⁸	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

¹ For purposes of this meal pattern, a week equals five days. For weeks with a greater or lesser number of days, the servings per week must be prorated.

² Food items included in each food group and subgroup and amount equivalents. The minimum creditable serving size for a fruit or vegetable is 1/8 cup.

³ All juice must be 100% full-strength. No more than half of the fruit or vegetable offerings during the week may be in the form of juice.

⁴ The quantity of fruit required to be offered is 5 cups/week and a minimum of 1 cup/day.

⁵ Vegetables may be substituted for fruits at breakfast.

⁶ At least half of the grains offered to meet the daily/weekly grain requirement must be whole grain-rich.

⁷ The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

⁸ Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat and sodium.

⁹ Target 1 sodium standards (listed above) are effective through SY 2023-24.