

Breakfast Meal Pattern - Effective July 1, 2021

Food Component	Required Grade Groups ¹ Minimum Amount of Food ² per Day & Week		
	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 5 cups per week	1 cup per day 5 cups per week	1 cup per day 5 cups per week
Vegetables: ^{3, 5} Not required to be served	0	0	0
Grains: Grains-Breads Chart ⁶ All of the grains offered during the week must be whole grain-rich.	1 oz eq per day 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
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 low fat (1%) or fat free. Flavored must be 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			
Target 1: SY 2021-22 with Sodium Waiver Request granted by SA	≤ 540	≤ 600	≤ 640
Target 2: SY 2021-22	≤ 485	≤ 535	≤ 570
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 All 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 2 sodium standards are required to be met in SY 2021-2022. However, sponsors who complete the Sodium Waiver Request will be granted flexibility to serve meals that meet the Target 1 sodium standards for SY 2021-2022. For SFAs using an overlap of grade groups, the required sodium target will be the lesser of the overlapped grade groups.