

SCHOOL BREAKFAST PATTERNS

Meal Pattern	K-5 Daily	6-8 Daily	9-12 Daily
Fruit ^{1,2} (5 cups weekly, grades K – 12, effective July 1, 2014)	1 cup	1 cup	1 cup
Vegetables ³ (see note below)	0	0	0
Dark green	0	0	0
Red/Orange	0	0	0
Beans/Peas (Legumes)	0	0	0
Other	0	0	0
Grains ⁴ (oz. equivalent) K-5: 7 oz minimum – 10 oz maximum weekly 6-8: 8 oz minimum – 10 oz maximum weekly 9-12: 9 oz minimum – 10 oz maximum weekly	1 oz eq.	1 oz eq.	1 oz eq.
Meats/Meat Alternates ⁵ (oz. equivalent) (see note below)	0	0	0
Fluid Milk ⁶ (cups)	1 cup	1 cup	1 cup

¹In School Year 2012-2013 only, schools may continue to use the meal pattern for grades K – 12 (Traditional or Enhanced Food Based Menu Planning). The above grade groups are required beginning July 1, 2013.

²The fruit requirement, 5 cups per week, minimum of 1 cup daily is effective July 1, 2014 (School year 2014-2015). One quarter-cup of dried fruit counts as ½ cup fruit. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full strength juice.

³For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “other vegetables” subgroups.

⁴At least half of the grains offered must be whole grain-rich beginning July 1, 2013 (School Year 2013-2014). All grains must be whole grain-rich beginning July 1, 2014 (School Year 2014-2015). The minimum - maximum grain ranges must be offered beginning July 1, 2013 (School Year 2013-2014).

⁵There is no separate meat/meat alternate component in the School Breakfast Program. Beginning July 1, 2013 (School Year 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

⁶Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (skim unflavored or flavored).

Other Specifications: Daily Amount Based on the Average for a 5-Day Week	K-5	6-8	9-12
Min-max calories (kcal) ^{1,2,3}	350-500	400-550	450-600
Saturated fat (% of total calories) ^{2,3}	< 10%	< 10%	< 10%
Trans fat ^{2,3}	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		
Sodium (mg) ^{2,4}	-	-	-
Baseline: Average Current Sodium Levels As Offered (mg)	573	629	686
Target 1: July 1, 2014 SY 2014-2015 (mg)	≤ 540	≤ 600	≤ 640
Target 2: July 1, 2017 SY 2017-2018 (mg)	≤ 485	≤ 535	≤ 570
Target 3: July 1, 2022 SY 2022-2023 (mg)	≤ 430	≤ 470	≤ 500

¹The 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).

²Discretionary 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. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

³In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

⁴Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and §220.8(f)(3) for breakfast.