

## School Breakfast Program Meal Pattern and Nutrient Specifications

	Breakfast Meal Pattern		
	Grades K-5 <sup>a</sup>	Grades 6-8 <sup>a</sup>	Grades 9-12 <sup>a</sup>
Meal Pattern	Amount of Food <sup>b</sup> Per Week (Minimum Per Day)		
<b>Fruits (cups)</b> <sup>c,d</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>
<b>Vegetables (cups)</b> <sup>c,d</sup>	0	0	0
<b>Dark Green</b> <sup>f</sup>	0	0	0
<b>Red/Orange</b> <sup>f</sup>	0	0	0
<b>Beans/Peas (Legumes)</b> <sup>f</sup>	0	0	0
<b>Starchy</b> <sup>f</sup>	0	0	0
<b>Other</b> <sup>f,g</sup>	0	0	0
<b>Additional Veg to Reach Total</b> <sup>h</sup>	0	0	0
<b>Grains (oz eq)</b> <sup>i</sup>	7 (1) <sup>j</sup>	8 (10) <sup>j</sup>	9 (1) <sup>j</sup>
<b>Meats/Meat Alternates (oz eq)</b>	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>
<b>Fluid Mild (cups)</b> <sup>l</sup>	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
<b>Min-Max calories (kcal)</b> <sup>m,n,o</sup>	350-500	400-550	450-600
<b>Saturated fat (% of total calories)</b> <sup>n,o</sup>	< 10	< 10	< 10
<b>Sodium (mg)</b> <sup>n,p</sup>	≤ 430	≤ 470	≤ 500
<b>Trans fat</b> <sup>n,o</sup>	<b>Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.</b>		

<sup>a</sup> In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14).

<sup>b</sup> Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ½ cup.

<sup>c</sup> One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

<sup>d</sup> For 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 as defined in §210.10(c)(2)(iii).

<sup>e</sup> The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

<sup>i</sup> All grains must be whole grain-rich in the SBP beginning July 1, 2014 (SY 2014-15).

<sup>j</sup> In the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

<sup>k</sup> There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 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.

<sup>l</sup> Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

<sup>m</sup> 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).

<sup>n</sup> 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. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

<sup>o</sup> In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

<sup>p</sup> Final 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 § 220.8(f)(3) for breakfasts.