

School Breakfast Program Meal Pattern

| Food Components | Grade K - 5 | Grade 6 – 8 | Grade 9 - 12 | Grade K - 12 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|----------------------------------------------|----------------------------------------------|----------------------------------------------|
| Milk Fat-free or low-fat, flavored or unflavored | 5 cups/week (1 cup daily) |
| Meats or Meat Alternates None required but may substitute 1 oz equivalent of meat /meat alternate for 1 oz equivalent grains after minimum daily grain is met | | | | |
| Vegetables* May be substituted for fruits, but the first 2 cups/week must be from a subgroup other than starchy (dark green, red/orange, legumes, other) | | | | |
| Fruits | 5 cups/week* (1 cup daily minimum) |
| Grains Half of the grains offered weekly must be whole grain-rich | 7 oz equivalent/week (1 oz daily minimum) | 8 oz equivalent/week (1 oz daily minimum) | 9 oz equivalent/week (1 oz daily minimum) | 9 oz equivalent/week (1 oz daily minimum) |
| Minimum – Maximum Calories (kcal) Weekly average | 350 – 500 | 400 – 550 | 450 - 600 | 450 - 500 |
| Saturated Fat (% of total calories) Weekly average | <10% | <10% | <10% | <10% |
| Sodium* Weekly average | ≤ 540 mg* | ≤ 600 mg* | ≤ 640 mg* | ≤ 540 mg* |
| Trans Fat | 0 grams/serving | 0 grams/serving | 0 grams/serving | 0 grams/serving |

*Per USDA Memorandum 32-2017 School may continue to reach Target 1 sodium levels in School Year 2017-18.