

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)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	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 Optional; may be substituted for fruits				
Fruits	5 cups/week* (1 cup daily minimum)	5 cups/week* (1 cup daily minimum)	5 cups/week* (1 cup daily minimum)	5 cups/week* (1 cup daily minimum)
Grains 80% 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* (mg) Weekly average	≤ 540 (T1)	≤ 600 (T1)	≤ 640 (T1)	≤ 540 (T1)
Trans Fat	0 grams/serving	0 grams/serving	0 grams/serving	0 grams/serving

*Per USDA Transitional Standards for Milk, Whole Grains, and Sodium Final Rule, schools may continue to reach Target 1 sodium levels in School Years 2022-23 and 2023-2024.