

## School Breakfast Program Meal Pattern

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12	Grade K - 12
<b>Milk</b> 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)
<b>Meats or Meat Alternates</b> None required but may substitute 1 oz equivalent of meat /meat alternate for 1 oz equivalent grains after minimum daily grain is met				
<b>Vegetables</b> 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)				
<b>Fruits</b>	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)
<b>Grains</b> 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)
<b>Minimum – Maximum Calories (kcal)</b> Weekly average	350 – 500	400 – 550	450 - 600	450 - 500
<b>Saturated Fat (% of total calories)</b> Weekly average	<10%	<10%	<10%	<10%
<b>Sodium* (mg)</b> Weekly average	≤ 540 (T1)	≤ 600 (T1)	≤ 640 (T1)	≤ 540 (T1)
<b>Trans Fat</b>	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.