

	Breakfast Meal Pattern SY 2013-14 Only		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food ^a Per Week (Minimum Per Day)		
Fruits (cups) ^b	2.5 (.5)	2.5 (.5)	2.5 (.5)
Vegetables (cups) ^b	0	0	0
Dark green ^c	0	0	0
Red/Orange ^c	0	0	0
Beans/Peas (Legumes) ^c	0	0	0
Starchy ^c	0	0	0
Other ^{c,d}	0	0	0
Additional Veg to Reach Total ^e	0	0	0
Grains (oz eq) ^{f,g}	7 (1)	8 (1)	9 (1)
Meats/Meat Alternates (oz eq) ^h	0	0	0
Fluid milk (cups) ⁱ	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^{j,k}	350-500	400-550	450-600
Saturated fat (% of total calories) ^k	<10	<10	<10
Trans fat ^k	Nutrition label must indicate zero grams of <u>trans</u> fat per serving.		

^aFood items included in each food group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.

^bOne quarter-cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 cup of vegetables. All juice must be 100% full-strength.

^cLarger amounts of these vegetables may be served.

^dThis category consists of "Other vegetables" as defined in *210.10(c)(2)(iii)(E). For the purposes of the NSLP, "Other vegetables" requirement subgroups as defined in *210.10(c)(2)(iii) may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable.

^eAny vegetable subgroup may be offered to meet the total weekly vegetable requirement.

^fAt least half of the grains offered must be whole grain-rich in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-2015).

^gThe maximum grains limit has been lifted. However, the minimum daily and weekly grain, calorie and saturated fat ranges must be met.

^hThere is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz. eq. of meat/meat alternate for grains after the minimum daily grains has been met, or if schools choose, they can offer meat/meat alternate as an extra item that will not count towards the grains component.

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

^jThe 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).

^kDiscretionary 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.

