| Breakfast Overlapping Grade Group Meal Pattern | |
|---|---|
| | Grades K-12 |
| Amount of Food[a] Per Week (Minimum Per Day) | |
| Fruits (cups)[b] | 5 (1) |
| Vegetables (cups)[b] | 0 |
| Dark green[c] | 0 |
| Red/Orange[c] | 0 |
| Beans/Peas (Legumes)[c] | 0 |
| Starchy[c] | 0 |
| Other[c,d] | 0 |
| Additional Veg to Reach Total[e] | 0 |
| Grains (oz eq)[f] | 9 (1) |
| Meats/Meat Alternates (oz eq)[g] | 0 |
| Fluid milk (cups)[h] | 5 (1) |
| Other Specifications: Daily Amount Based on the Average for a 5-Day Week | |
| Min-max calories (kcal)[i, j] | 450-500 |
| Saturated fat (% of total calories)[j] | <10 |
| Trans fat[j] | Nutrition label must indicate zero grams of trans fat per serving. |
| Sodium[j,k] | Target 1 - ≤ 540<br>Target 2 - ≤ 485<br>Target 3 - ≤ 430 |

[a]Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.

[b]One 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.

[c]Larger amounts of these vegetables may be served.

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

[e]Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

[f] All grains meeting the grain requirement must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014.

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

[h]Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

[i]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).

[j]Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern for if within the specifications calories, saturated fat, trans fat, and sodium.

[k]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 § 210.10(f)(3) for lunches and §220.8(f)(3) for breakfast