

	Breakfast Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food ^a Per Week (Minimum Per Day)		
Fruits (cups) ^b	5 (1)	5 (1)	5 (1)
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	7 (1)	8 (1)	9 (1)
Meats/Meat Alternates (oz eq) ^g	0	0	0
Fluid milk (cups) ^h	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^{i,j}	350-500	400-550	450-650
Saturated fat (% of total calories) ^j	<10	<10	<10
Trans fat ^j	Nutrition label must indicate zero grams of <u>trans</u> fat per serving.		
Sodium (mg) ^{j,k}	Target 1 - ≤ 540 Target 2 - ≤ 485 Target 3 - ≤ 430	Target 1 - ≤ 600 Target 2 - ≤ 535 Target 3 - ≤ 470	Target 1 - ≤ 640 Target 2 - ≤ 570 Target 3 - ≤ 500

^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 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).

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

^fAll grains meeting the grain requirement must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014.

^gThere 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.

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

ⁱThe 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).

^jDiscretionary 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.

^kFinal 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