

## Breakfast Meal Pattern

Breakfast Meal Pattern						
FRUITS	Grades K-5		Grades 6-8		Grades 9-12	
Meal Pattern	Per Week	Min Per Day	Per Week	Min Per Day	Per Week	Min Per Day
Fruits (cups)	5	1	5	1	5	1
VEGETABLES	Grades K-5		Grades 6-8		Grades 9-12	
Meal Pattern	Per Week	Min Per Day	Per Week	Min Per Day	Per Week	Min Per Day
Vegetables (cups)	Vegetables may be substituted for fruit, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or "other" vegetable subgroups.					
• Dark green						
• Red/Orange						
• Beans/Peas (Legumes)						
• Starchy						
• Other						
Additional Veg to Reach Total						
MEATS	Grades K-5		Grades 6-8		Grades 9-12	
Meal Pattern	Per Week	Min Per Day	Per Week	Min Per Day	Per Week	Min Per Day
Meats/Meat Alternates (oz eq)	Not required. <ol style="list-style-type: none"> <li>May offer a meat/meat alternate in place of grains after the minimum daily grains requirement (1 oz equivalent) is met.</li> <li>May offer a meat/meat alternate as an extra (not counting toward the weekly grains requirement) if it fits within the weekly dietary specifications.</li> </ol>					
GRAINS	Grades K-5		Grades 6-8		Grades 9-12	
Meal Pattern	Per Week	Min Per Day	Per Week	Min Per Day	Per Week	Min Per Day
Grains (oz eq)	7-10	1	8-10	1	9-10	1
<b>ALL GRAINS MUST BE WHOLE GRAIN-RICH</b>						
MILK	Grades K-5		Grades 6-8		Grades 9-12	
Meal Pattern	Per Week	Min Per Day	Per Week	Min Per Day	Per Week	Min Per Day
Fluid milk (cups)	5	1	5	1	5	1