

Breakfast Meal Pattern

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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) ^{a, b}	5	1	5	1	5	1
VEGETABLES	Grades K-5		Grades 6-8		Grades 9-12	
Vegetables (cups) ^{a, b}	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	
Meats/Meat Alternates ^c (oz eq)	Not required. <ol style="list-style-type: none"> 1. May offer a meat/meat alternate in place of grains after the minimum daily grains requirement (1 oz equivalent) is met. 2. May offer a meat/meat alternate as an extra (not counting toward the weekly grains requirement) if it fits within the weekly dietary specifications. 					
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) ^d	7-10	1	8-10	1	9-10	1
<u>ALL GRAINS MUST BE WHOLE GRAIN-RICH</u>						
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) ^e	5	1	5	1	5	1
DIETARY SPECIFICATIONS (Weighted weekly averages)	Grades K-5		Grades 6-8		Grades 9-12	
Calories ^{f, g}	350-500		400-550		450-600	
Saturated Fat ^g (% of total calories)	<10		<10		<10	
Sodium (milligrams) ^{g, h} (Target 2)	≤ 485		≤ 535		≤ 570	
Trans Fat (grams) ^{g, i}	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving					

^a One quarter cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^b For school year 2020-2021, SFAs may substitute vegetables for the fruit component at breakfast.

^c There is no meat/meat alternate requirement.

^d For school year 2020-2021, all grains must be whole grain-rich. Schools may substitute 1 oz eq of meat/meat alternate for 1 oz eq of grains after the minimum daily grains requirement is met.

^e For school year 2020-2021, allowable types of milk include unflavored low-fat (1%) milk, unflavored fat-free milk, and flavored fat-free milk. SFAs must offer at least two different varieties, and at least one milk choice must be unflavored.

^f The average daily calories for a 5-day school week menu must be within the range (at least the minimum and no more than the maximum values).

^g Discretionary 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.

^h For school year 2020-2021, weekly breakfast menus must meet the Sodium Target 2.

ⁱ Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.

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