

Breakfast Meal Pattern (5-Day School Week)

| 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 |
| AT LEAST 80% OF THE GRAINS OFFERED WEEKLY MUST BE WHOLE GRAIN-RICH. ^d | | | | | | |
| 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 | Grades K-5 | | Grades 6-8 | | Grades 9-12 | |
| (Daily amount based on the average for a 5-Day Week) | | | | | | |
| Calories ^{f, g} | 350-500 | | 400-550 | | 450-600 | |
| Saturated Fat ^g (% of total calories) | <10 | | <10 | | <10 | |
| Sodium Target 1 ^g (milligrams) | ≤ 540 | | ≤ 600 | | ≤ 640 | |
| Trans Fat (grams) ^{g, h} | 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 Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Vegetables may be substituted for fruits, 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 vegetables” subgroups, as defined in 7 CFR [§ 210.10\(c\)\(2\)\(iii\)](#).

^c There is no meat/meat alternate requirement.

^d At least 80 percent of grains offered weekly must meet the whole grain-rich criteria specified in FNS guidance, and the remaining grain items offered must be enriched. 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 SFAs must offer at least two different varieties of fluid milk. All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored, provided that unflavored milk is offered at each meal service.

^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 Food products and ingredients used to prepare school meals must contain zero grams of trans fat (less than 0.5 grams) per serving.

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Office of the Assistant Secretary for Civil Rights
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2. **fax:**
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