

## 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) <sup>a, b</sup>	5	1	5	1	5	1
VEGETABLES	Grades K-5		Grades 6-8		Grades 9-12	
Vegetables (cups) <sup>a, b, d</sup>	<p>Vegetables may be substituted for fruit</p> <p>Schools choosing to offer vegetables at breakfast one day per school week have the option to offer any vegetable, including a starchy vegetable.</p> <p>Schools choosing to substitute vegetables for fruits at breakfast on two or more days per school week are required to offer vegetables from at least two different vegetable subgroups.</p> <p>All schools in Guam and Hawaii are allowed to substitute vegetables for grains.<sup>d</sup></p>					
• Dark green						
• Red/Orange						
• Beans, Peas & Lentils						
• Starchy						
• Other						
Additional Veg to Reach Total						
GRAINS & MEATS/MEAT ALTERNATES <sup>c, d, e, f, g, h, i</sup>	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 & Meats/Meat Alternates (oz eq) <sup>c, d, e, f, g, h, i</sup>	7-10	1	8-10	1	9-10	1
AT LEAST 80% OF THE GRAINS OFFERED WEEKLY MUST BE WHOLE GRAIN-RICH. <sup>f</sup>						
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) <sup>j, k</sup>	5	1	5	1	5	1
DIETARY SPECIFICATIONS (Daily amount based on the average for a 5-Day Week)	Grades K-5		Grades 6-8		Grades 9-12	
Calories <sup>l, m</sup>	350-500		400-550		450-600	
Saturated Fat <sup>m</sup> (% of total calories)	<10		<10		<10	
Sodium Target 1 <sup>m</sup> (milligrams)	≤ 540		≤ 600		≤ 640	

<sup>a</sup> 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.

<sup>b</sup> Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Vegetables may be substituted for fruits. Schools choosing to offer vegetables at breakfast one day per school week have the option to offer any vegetable, including a starchy vegetable. Schools choosing to substitute vegetables for fruits at breakfast on two or more days per school week are required to offer vegetables from at least two different vegetable subgroups.

<sup>c</sup> Effective July 1, 2025, breakfast cereals may have no more than 6 grams of added sugars per dry ounce.

<sup>d</sup> All schools in Guam and Hawaii are allowed to substitute any creditable vegetables for the grains or bread component. However, USDA emphasizes the importance of traditional and culturally relevant vegetables. Examples of traditional and cultural vegetables, such as breadfruit and taro, are provided in the revised regulatory text at [7 CFR 210.10\(c\)\(3\)](#), [220.8\(c\)\(3\)](#), [225.16\(f\)\(3\)](#), and [226.20\(f\)](#).

<sup>e</sup> Effective July 1, 2024, grains and meats/meat alternates are a combined meal component at breakfast. Schools may offer grains, meats/meat alternates, or a combination of both to meet this combined component requirement, based on ounce equivalents.

<sup>f</sup> At least 80 percent of grains offered weekly must meet the whole grain-rich criteria as defined in 7 CFR 210.2, and the remaining grain items offered must be enriched. Schools that choose to offer a mix of grains and meats/meat alternates at breakfast will calculate the required whole grain-rich offerings based on the total amount of grains offered at breakfast during the week, by ounce equivalents.

<sup>g</sup> The *Dietary Guidelines for Americans* recommend including both grains and protein foods in healthy eating patterns. As such, USDA encourages schools to offer a mix of grains and meats/meat alternates at breakfast throughout the school week.

<sup>h</sup> Nuts and seeds may credit for the full meats/meat alternates component, although it is not required. Program operators may choose to offer nuts and seeds toward only a portion of the component, alongside another meat/meat alternate.

<sup>i</sup> Effective July 1, 2025, yogurt may have no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

<sup>j</sup> 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.

<sup>k</sup> Effective July 1, 2025, flavored milk may have no more than 10 grams of added sugars per 8 fluid ounces or, for flavored milk sold as a competitive food for middle and high schools, 15 grams of added sugars per 12 fluid ounces.

<sup>l</sup> 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).

<sup>m</sup> Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

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