Energize Your Day! Eat School Breakfast

United States Department of Agriculture

The Breakfast Meal Pattern (effective July 1, 2014)

Meal Pattern	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food[a] Per Week (Minimum Per Day)		
Fruits (cups)[b,c]	5 (1)	5 (1)	5 (1)
Vegetables (cups)[b,c]	0	0	0
Dark green	0	0	0
Red/Orange	0	0	0
Beans and peas (legumes)	0	0	0
Starchy	0	0	0
Other	0	0	0
Grains (oz eq)[d]	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq)[e]	0	0	0
Fluid milk[f] (cups)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal)[g, h]	350-500	400-550	450-600
Saturated fat (% of total calories)[h]	< 10	< 10	< 10
Sodium (mg)[h, i]	≤ 430	≤ 470	≤ 500
Trans fat[h, j]	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		