





## (5-Day) Meal Pattern for School Breakfast Program

Serve Only	Offer vs. Serve (OVS)
<ul style="list-style-type: none"> <li>Minimum 3 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> </ul>	<ul style="list-style-type: none"> <li>Minimum 4 items daily. Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>

<b>Required</b>		Grade K-5	Grade 6-8	Grade K-8	Grade 9-12	Grade K-12
<p style="text-align: center;"><b>Fluid milk</b></p> <p>Must offer two varieties in fat content and/or flavor: Fat-free flavored, Fat-free plain, 1% plain</p>		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p style="text-align: center;"><b>Fruits/Juice/Vegetables</b></p> <p>Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to count starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.</p>		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p style="text-align: center;"><b>Grains/Breads</b></p> <p>Daily and weekly minimums must be met. Flexibility for grain maximums. All of grains offered must be whole grain-rich</p>		1 oz/eq (daily)  7-10 oz/eq (weekly)	1 oz/eq (daily)  8-10 oz/eq (weekly)	1 oz/eq (daily)  8-10 oz/eq (weekly)	1 oz/eq (daily)  9-10 oz/eq (weekly)	1 oz/eq (daily)  9-10 oz/eq (weekly)
<b>Optional</b>						
<p style="text-align: center;"><b>1 item of Meat/Meat Alternate</b></p> <p>No daily or weekly requirement 1 item (1 oz/eq) Item counts towards grain weekly requirement.</p>		0	0	0	0	0

Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average	≤540	≤600	≤540	≤640	≤540
Saturated Fat (% of total calories) Weekly Average	≤10				
Trans Fat Daily	0g/serving				

