



## School Breakfast Meal Pattern Grades K-12

See USDA Food Buying Guide for Child Nutrition Programs for more information.

### Grain

N/A	K-5	6-8	9-12
Daily	1	1	1
Weekly	7-10	8-10	9-10

Amounts listed in ounce equivalents. 80% of the grains served per menu line per week must meet whole grain-rich (WGR) criteria (at least 50% whole grain by weight, the rest enriched grain). Items that are not WGR must be enriched.

### Meat/Meat Alternate

Optional in place of grain after 1 ounce equivalent of grain is offered.

### Fruit

1 cup per day

5 cups per week

Amounts listed in cups. Includes fresh, dried ( $\frac{1}{4}$  cup dried =  $\frac{1}{2}$  cup), frozen (no added sugar), canned in juice or light syrup, or 100% juice. No more than half of the weekly fruit served may be in the form of 100% juice. Option to serve vegetables in place of fruit.

### Nutrient Standards

Daily Amount Based on Average 5-Day Week			
N/A	K-5	6-8	9-12
Min-Max calories	350-500	400-550	450-600
Sodium (mg)*	≤540	≤600	≤640
Saturated fat (% of total calories)	<10	<10	<10
Trans fat	0 gram per serving		

### Milk

1 cup per day

5 cups per week

Low-fat (one percent) or fat-free (skim) fluid milk. Two varieties must be offered daily and one choice must be unflavored.