



School Breakfast Program Overlapping Grade Groupings Meal Pattern

Grades K-12	
Meal Component	Amount of Food^a Per Week (Minimum Per Day)
Fruits (cups) ^{b,c}	5 (1)
Vegetables (cups) ^{b,c}	0
Dark Green ^d	0
Red/Orange ^d	0
Beans/Peas (Legumes) ^d	0
Starchy ^d	0
Other ^d	0
Additional Veg to Reach Total	0
Grains (oz eq) ^e	9 (1)
Meats/Meat Alternates (oz eq) ^f	0
Fluid Milk (cups) ^g	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week	
Min-max calories (kcal) ^{h,i}	450-500
Saturated fat (% of total calories) ⁱ	<10
Trans fat ⁱ	Nutrition labels must indicate zero grams of trans fat per serving.
Sodium ^{i,j}	Target 1 - ≤ 540

^aFood items included in each food group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.

^bOne-quarter cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice.



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All juice must be 100% full-strength.

^cSchools 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/peas (legumes), or “Other vegetables” subgroups, as defined in §210.10(c)(2)(iii).

^dLarger amounts of these vegetables may be served.

^eAt 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.

^fThere is no separate meat/meat alternate component in the SBP. Sponsors may substitute 1 oz. eq. of meat/meat alternate for grains after the minimum daily grains has been met, or if sponsors choose, they can offer meat/meat alternate as an extra item that will not count towards the grains component.

^gFluid milk must be low-fat (1%) or fat-free. Milk may be unflavored or flavored, provided that unflavored milk is offered at each meal service.

^hThe average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

ⁱDiscretionary 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.

^jSodium Target 1 as the sodium limit for school lunch and breakfast in SY 2022-2023 as proposed.

This institution is an equal opportunity provider.