



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	0
Red/Orange	0
Beans/Peas (Legumes)	0
Starchy	0
Other	0
Additional Veg to Reach Total	0
Grains and/or Meats/Meat Alternates (oz eq) ^{d,e}	9 (1)
Fluid Milk (cups) ^f	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week	
Min-max calories (kcal) ^g	450-500
Saturated fat (% of total calories)	<10
Added sugars (% of total calories) - In effect July 1, 2027 ^h	<10
Sodium- In effect through June 30, 2027 ^h	≤ 540 mg
Sodium- In effect July 1, 2027 ^h	≤ 485 mg

^aFood items included in each food group and subgroup and amount equivalents..

^bMinimum creditable serving is 1/8 cup. One-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. All juice must be 100% full-strength.



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^cSchools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Vegetables may be substituted for fruits. Schools that choose to offer vegetables in place of fruits at breakfast one day per school week may offer any vegetables, including starchy vegetables. Schools that choose to offer vegetables in place of fruits at breakfast two or more days per school week must offer vegetables from at least two different vegetable subgroups as defined in §210.10(c)(2)(ii).

^dAt 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. Minimum creditable serving is 0.25 oz. eq.

^eSchool may offer grains, meats/meat alternates, or a combination of both to meet the daily and weekly ounce equivalents for this combined component

^fFluid 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.

^gThe 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).

^hSchools must meet the dietary specification for added sugars and sodium by the dates specified in this chart. Discretionary sources of calories may be added to the meal pattern if within the dietary specifications.

This institution is an equal opportunity provider.