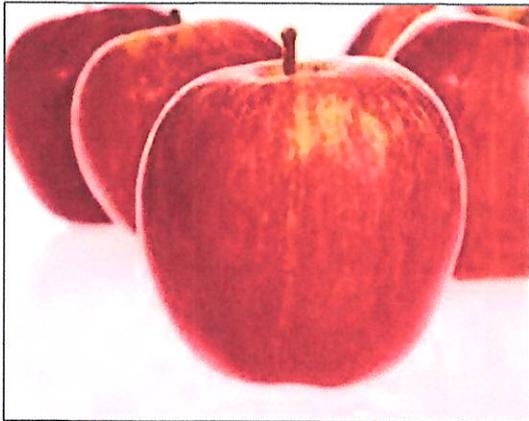# School Breakfast Program

USDA

Required Components

1. Milk
2. Fruits
3. Grains

USDA

Meal Pattern For Breakfast

	Amount of Food Per Week (Minimum Per Day)		
	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups)	5 (1)	5 (1)	5 (1)
Vegetables (cups)	0	0	0
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq)	0	0	0
Fluid milk (cups)	5 (1)	5 (1)	5 (1)

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Lunch Meal Pattern Overview

▸ **Five food components**

  ▸ Fluid Milk

  ▸ Fruits

  ▸ Vegetables

  ▸ Grains

  ▸ Meats/Meat Alternates

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Lunch Meal Pattern Chart

	Amount of Food Per Week (Minimum Per Day)		
	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups)	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)	3¾ (¾)	3¾ (¾)	5 (1)
Dark green	½	½	½
Red/orange	¾	¾	1¼
Beans/Peas (Legumes)	½	½	½
Starchy	½	½	½
Other	½	½	¾
Addl Veg to Reach Total	1	1	1½
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10(1)	10-12(2)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)

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