

SCHOOL BREAKFAST PROGRAM (SBP)

MEAL PATTERN REQUIREMENTS FOR VARIOUS AGE/GRADE GROUPS

Grain & Meat/Meat Alternates	Grades K-5	Grades 6-8	Grade 9-12
Daily	1 oz. eq./day	1 oz. eq./day	1 oz. eq./day
Weekly	7 oz. eq./week	8 oz. eq./week	9 oz. eq./week
K-8 Weekly	8 oz. eq./week		
K-12 Weekly	9 oz. eq./week		
<ul style="list-style-type: none"> Grains & MMA are a combined group. Schools may offer grains, MMA, or a combination of both. Daily & weekly minimums must be met. 80% of grains offered must be whole grain rich. Nuts & seeds may be used to satisfy 100% of the MMA requirement. Breakfast cereals may have no more than 6 grams of added sugar per dry ounce. Yogurt may have no more than 12 grams of added sugar per 8 fluid ounces. 			
Fruit & Vegetable	Grades K-5	Grades 6-8	Grade 9-12
Daily	1 cup/day		
Weekly	5 cups/week		
<ul style="list-style-type: none"> No more than ½ of the total weekly requirement may be met with 100% full-strength juice. Schools choosing to offer vegetables at breakfast one day per school week have the option to offer any vegetables, including a starchy vegetable. Schools choosing to substitute vegetables for fruits at breakfast on two or more days per school week are required to offer vegetables from at least two different vegetable subgroups. 			
Milk	Grades K-5	Grades 6-8	Grade 9-12
Daily	1 cup/day		
Weekly	5 cups/week		
<ul style="list-style-type: none"> Milk may be 1% or fat free. Flavored or unflavored milk may be offered. Flavored milk must contain no more than 10 grams of added sugar per 8 fluid ounces. 			
Calorie Range	Grades K-5	Grades 6-8	Grade 9-12
Weekly	350-500	400-550	450-600
K-8 Weekly	400-500		
K-12 Weekly	450-500		
<ul style="list-style-type: none"> Minimum and Maximum Calorie ranges in an average 5-day weekly menu 			
Sodium Range	Grades K-5	Grades 6-8	Grade 9-12
Weekly	≤540 Mg	≤600 Mg	≤640 Mg
K-8 Weekly	≤540 Mg		
K-12 Weekly	≤540 Mg		

NATIONAL SCHOOL LUNCH PROGRAM (NSLP)

MEAL PATTERN REQUIREMENTS FOR VARIOUS AGE/GRADE GROUPS

Meat/Meat Alternates	Grades K-5	Grades 6-8	Grade 9-12
Daily	1 oz. eq./day	1 oz. eq./day	2 oz. eq./day
Weekly	8 oz. eq./week	9 oz. eq./week	10 oz. eq./week
K-8 Weekly	9 oz. eq./week		
<ul style="list-style-type: none"> Vegetable protein products, cheese, alternate cheese products, and enriched macaroni with fortified protein may be used to meet part of the MMA requirement. Nuts and seeds may be used to satisfy 100% of the meat/meat alternate requirement. Yogurt may have no more than 12 grams of added sugar per 8 fluid ounces. 			
Grains	Grades K-5	Grades 6-8	Grade 9-12
Daily	1 oz. eq./day	1 oz. eq./day	2 oz. eq./day
Weekly	8 oz. eq./week	8 oz. eq./week	10 oz. eq./week
K-8 Weekly	8 oz. eq./week		
<ul style="list-style-type: none"> 80% of grains offered must be whole grain rich. 			
Vegetable	Grades K-5	Grades 6-8	Grade 9-12
Daily	¾ cup/day		1 cup/day
<i>Dark Green</i>	½ cup/week		½ cup/week
<i>Red/Orange</i>	¾ cup/week		1 ¼ cup/week
<i>Beans/Peas/Lentils</i>	½ cup/week		½ cup/week
<i>Starchy</i>	½ cup/week		½ cup/week
<i>Other</i>	½ cup/week		¾ cup/week
<ul style="list-style-type: none"> No more than ½ of the total requirement may be met with full-strength vegetable juice. The vegetable subgroups need to be offered throughout the week. The amounts listed here are the minimum amount that must be offered during the week. Beans, peas, and lentils offered towards the meat/meat alternate component can also count toward the weekly vegetable subgroup requirement. 			
Fruit	Grades K-5	Grades 6-8	Grade 9-12
Daily	½ cup/day		1 cup/day
<ul style="list-style-type: none"> No more than ½ of the total weekly requirement may be met with 100% full-strength juice. 			
Milk	Grades K-5	Grades 6-8	Grade 9-12
Daily	1 cup/day		
<ul style="list-style-type: none"> Milk may be 1% or fat free. Flavored or unflavored milk may be offered. Flavored milk must contain no more than 10 grams of added sugar per 8 fluid ounces. 			
Calorie Range	Grades K-5	Grades 6-8	Grade 9-12
Weekly	550-650	600-700	750-850
K-8 Weekly	600-650		
<ul style="list-style-type: none"> Minimum and Maximum Calorie ranges in an average 5-day weekly menu 			
Sodium Range	Grades K-5	Grades 6-8	Grade 9-12
Weekly	≤1110 Mg	≤1225 Mg	≤1280 Mg
K-8 Weekly	≤1110 Mg		

VEGETABLE SUBGROUPS IN THE NATIONAL SCHOOL LUNCH PROGRAM

The National School Lunch Program (NSLP) requires weekly servings from the five vegetable subgroups. Below are the five vegetable subgroups and examples of vegetables from each. For more information about each vegetable and crediting, visit the USDA Food Buying Guide (<https://foodbuyingguide.fns.usda.gov>).

Dark Green

Fresh, frozen, and canned

Beet greens
Bok choy
Broccoli
Broccolini
Chicory
Cilantro
Collard greens
Endive (escarole)
Grape leaves
Kale
Loose lettuce (butterhead, bibb, boston, arugula, spring mix, etc.)
Mustard greens
Parsley
Spinach
Swiss chard
Romaine lettuce
Turnip greens
Watercress

Other

Fresh, frozen, and canned

Artichokes	Green onions
Asparagus	Iceberg lettuce
Avocado	Kohlrabi
Bamboo shoots	Mushrooms
Bean sprouts	Okra
Beets	Olives
Bell peppers (green, yellow)	Onions (white, yellow, red)
Breadfruit	Pepperoncini
Brussels sprouts	Pickles (cucumber)
Cabbage	Radishes
Cactus (nopales)	Rutabagas
Carrots, rainbow	Sauerkraut
Cauliflower	Seaweed
Celery	Snow peas
Chayote (mirliton)	Sugar snap peas
Cucumbers	Tomatillo
Eggplant	Turnips
Green beans	Wax beans
Green chilies (jalapeño)	Yellow summer squash
	Zucchini squash

Red/Orange

Fresh, frozen, and canned

Acorn squash
Bell peppers (orange, red)
Butternut squash
Carrots
Cherry peppers
Hubbard squash
Pimientos (pimentos)
Pumpkin
Salsa
Spaghetti squash
Sweet potatoes
Tomatoes
Tomato products (e.g., puree, paste, sauce)

Beans, Peas, Lentils

Canned, frozen, or cooked from dry

Baked beans
Black beans
Black-eyed peas (*mature dry*)
Edamame (soybeans)
Garbanzo beans (chickpeas)
Great northern beans
Kidney beans
Lentils
Lima beans (*mature dry*)
Mung beans
Navy beans (pea bean)
Pink beans
Pinto beans
Red beans
Refried beans
Soybeans (*mature dry*)

Starchy

Fresh, frozen, and canned

Black-eyed peas, fresh (*not dry*)
Cassava (yuca)
Corn
Field peas, fresh (*not dry*)
Green peas
Hominy, canned
Jicama (yam bean)
Lima beans, green (*not dry*)
Parsnips
Pigeon peas (*not dry*)
Plantains
Poi
Potatoes
Taro (malanga)
Water chestnuts
Yautia (tannier)