DEPARTMENT OF EDUCATION

School Breakfast Program Meal Pattern

Grains and Meats/Meat Alternates

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

Can be grains, meats/meat alternates, or a combination of both. 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.

Grains Crediting Tip Sheet, Meats/Meat Alternates Crediting Tip Sheet
fns.usda.gov/tn/cn/crediting-tipsheets/grains, fns.usda.gov/tn/cn/crediting-tipsheets/mma

Fruits and Vegetables

1 cup per day

5 cups per week

Amounts listed in cups. No more than half of the weekly serving may be in the form of 100% juice.

Fruits Crediting Tip Sheet
Vegetables Crediting Tip Sheet
fns.usda.gov/tn/cn/crediting-tipsheets/fruits
fns.usda.gov/tn/cn/crediting-tipsheets/vegetables

Nutrient Standards

Daily Amount Based on Average 5-Day Week			
	K-5	6-8	9-12
Min-Max Calories	350-500	400-550	450-600
Sodium (mg)	≤ 540	≤ 600	≤ 640
Saturated Fats (% of total cals)	< 10		

Product-based Added Sugar Limits:

- Breakfast cereals: ≤ 6 grams of added sugar per dry ounce.
- Yogurt: ≤ 12 grams of added sugar per 6 ounces (2 grams added sugars per ounce).
- Flavored milk: ≤ 10 grams of added sugars per 8 fluid ounces.

Milk

1 cup per day

5 cups per week

Low-fat (1%) or fat-free (skim) fluid milk. Two varieties must be offered daily, and one choice must be unflavored.

Milk Crediting Tip Sheet
fns.usda.gov/tn/cn/crediting-tipsheets/milk

See the U.S. Department of Agriculture (USDA) Food Buying Guide for more information.
foodbuyingguide.fns.usda.gov

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