

School Breakfast Program

5-Day Meal Pattern

Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.

Serve Only		Offer Versus Serve				
• Minimum 3 items daily • Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate • Students must have all items at POS		• Minimum 4 items daily • Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) • Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12	
Fluid Milk (cups) Effective June 8, 2026, milk may be whole, reduced-fat (2%), low-fat (1%), fat-free, lactose-free, or a nutritionally equivalent nondairy fluid milk substitute. Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service. Flavored milk may have no more than 10 grams of added sugars per 8 fluid ounces.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
Fruit/Juice/Vegetable (cups) All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
Grains or Meat/Meat Alternates (oz eq) Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched. Breakfast cereals may have no more than 6 grams of added sugars per dry ounce. Yogurt may have no more than 12 grams of added sugars per 6 ounces.	1 oz eq daily 7-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly	1 oz eq daily 9-10 oz eq weekly	1 oz eq daily 9-10 oz eq weekly	
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week						
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Saturated Fat (% of total calories) Weekly Average	≤ 10 (excluding saturated fat from milk used to meet the fluid milk component requirements)					
Sodium (mg) Weekly Average In place through June 30, 2027	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540	
Sodium (mg) Weekly Average Must be implemented by July 1, 2027	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485	
Added Sugars (% of total calories) Must be implemented by July 1, 2027	≤ 10					