

Breakfast Meal Pattern 2014-2015

	Grades K-5 ^a	Grades 6-8 ^a	Overlapping Grades K-8	Grades 9-12 ^a	Overlapping Grades K-12
Fruits or Vegetables <small>b,c, d, e</small>	1 cup daily required for all age-grade groups				
Grains <small>f, g, h</small>	≥ 7 oz eq week 1 oz eq daily	≥ 8 oz eq week 1 oz eq daily	≥ 8 oz eq week 1oz eq daily	≥ 9 oz eq week 1 oz eq daily	≥ 9 oz eq week 1 oz eq daily
Recommended Target Maximum for Grains: 10 oz eq per week for all age-grade groups					
Meats/Meat Alternates <small>h, i</small>	0 oz eq required daily Note: There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz eq of meat/meat alternate for 1 oz eq of grains after the minimum daily 1 oz eq grain requirement is met. A school may also offer meat/meat alternate as an extra food and not credit towards any component.				
Fluid milk ^j	1 cup daily required for all age-grade groups				
Other Specifications: Daily Amount Based on the Average for a 5-Day Week					
Min-max calories (kcal) <small>k, l, m</small>	350-500	400-550	400-500	450-600	450-500
Saturated fat (% of total calories) ^l	< 10	< 10	<10	< 10	< 10
Trans fat ^{l, m}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.				
Sodium ⁿ	≤ 540 mg	≤ 600 mg	≤ 540 mg	≤ 640 mg	≤ 540 mg

^a In the SBP, the above age-grade groups are required beginning July 1, 2013.

^b Minimum creditable serving for fruits and vegetables is 1/8 cup.

^c 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.

^d For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or "Other vegetables" subgroups as defined in §210.10(c)(2)(iii).

^e The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014.

^f All grains credited towards the meal pattern for the SBP and NSLP must be whole grain-rich as of July 1, 2014.

^g In the SBP, the weekly grain minimums must be met beginning July 1, 2013.

^h Minimum creditable serving for grains and meat/meat alternates is 0.25 ounce equivalents (oz eq).

ⁱ There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013, schools may substitute 1 oz eq of meat/meat alternate for 1 oz eq of grains after the minimum daily grains requirement is met.

^j Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^k The 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).

^l Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium.

^m In the SBP, calorie and trans fat specifications take effect beginning July 1, 2013.

ⁿ Sodium Target 1 is effective July 1, 2014. Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022, and intermediate sodium specifications are established for SY 2017-2018. For future sodium specifications, see § 210.10(f)(3) for lunch and § 220.8(f)(3) for breakfast.