



## School Breakfast Meal Pattern Grades K-12

See USDA Food Buying Guide for Child Nutrition Programs for more information.

### Grain

	K-5	6-8	9-12
<b>Daily</b>	1	1	1
<b>Weekly</b>	7-10	8-10	9-10

Amounts listed in ounce equivalents. Eighty percent of the grains served per menu line per week must meet whole grain-rich (WGR) criteria (at least 50 percent whole grain by weight, the rest enriched grain). Items that are not WGR must be enriched.

### Meat/Meat Alternate

Optional in place of grain after 1 ounce equivalent of grain is offered.

### Fruit

1 cup per day

5 cups per week

Amounts listed in cups. Includes fresh, dried ( $\frac{1}{4}$  cup dried =  $\frac{1}{2}$  cup), frozen (no added sugar), canned in juice or light syrup, or 100 percent juice. No more than half of the weekly fruit served may be in the form of 100 percent juice. Option to serve vegetables in place of fruit.

### Nutrient Standards

Daily Amount Based on Average 5-Day Week			
	K-5	6-8	9-12
<b>Min-Max calories</b>	350-500	400-550	450-600
<b>Sodium (mg)*</b>	≤540	≤600	≤640
<b>Saturated fat (% of total calories)</b>	<10	<10	<10
<b>Trans fat</b>	0 gram per serving		

### Milk

1 cup per day

5 cups per week

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