

## Breakfast Meal Pattern Requirements

These apply to all service types of breakfast - in the cafeteria, BIC, grab and go, etc.

Component	Breakfast			
	Grade Group K-5	Grade Group K-8	Grade Group 6-8	Grade Group 9-12
Requirements: Daily = (d) Weekly = (w)				
Fruit (cup)	1 (d) 5 (w)	1 (d) 5 (w)	1 (d) 5 (w)	1 (d) 5 (w)
	No more than 50% of the fruit servings may be in the form of juice over the course of the week			
Grains (oz eq)	1 (d) 7 (w)	1 (d) 8 (w)	1 (d) 8 (w)	1 (d) 9 (w)
	50% of grains must be whole			
Meat/Meat Alternate (oz)	Can be substituted for grain, oz for oz, to meet weekly grain minimum once daily grain minimum has been met			
Milk (cup)	1 (d) 5 (w)	1 (d) 5 (w)	1 (d) 5 (w)	1 (d) 5 (w)
Calories	350-500	400-500	400-550	450-650
Saturated Fat (% of calories)	<10%	<10%	<10%	<10%
Trans Fat (grams)	0	0	0	0
Sodium (mg)	≤540	≤540	≤600	≤640

(d) - minimum daily requirements (w) - weekly requirements

### Breakfast Reminders:

Breakfast consists of 3 components: grains, fruit, and milk

**Meat/meat alternate** is optional and if offered on the menu, must be offered with a grain. Since meat is optional and not its own component, we count it in the grain component category

**Vegetables** currently a flexibility from USDA is allowing starchy vegetables like potatoes to credit in place of fruit without including vegetables from other subgroups effective through June 30, 2021.

Offer at least 2 varieties of milk - white must be ≤1% fat, flavored must be fat free

At least 50% of all grains must be whole grain-rich (at least 50% whole grain)

The daily minimum of 1 oz eq grain, 1 cup milk, 1 cup fruit applies to all breakfast types - including BIC, grab and go.

### For Offer Versus Serve:

We must offer 4 food items from the 3 components

A food item is a food from one of the component categories, in the following quantities:

- 1 oz eq grain (such as 1 cup of cereal, 1 slice of toast, half a bagel, small muffin)
- 1 oz meat (such as 4 oz yogurt, 1 oz cheese stick, 1/8 cup scrambled eggs)
- 1/2 cup fruit/veg/juice (such as 4 oz juice, 1/2 cup hash browns, 1 banana)
- 1 cup milk (such as 8 oz carton of milk)

We must offer 1 cup of fruit (or vegetable) with every breakfast (this counts as 2 items)

Students must select at least 3 food items for a reimbursable meal, one of which must be 1/2 cup fruit or vegetable

No other components are required to be taken except fruit/vegetable

Students ARE allowed to take two of the same food item to make a reimbursable meal, as long as they have at least 1/2 cup fruit/vegetable as well (i.e. two slices of toast and 4 oz juice is a reimbursable meal - 3 items)

## Breakfast Meal Pattern Requirements

Effective June 30, 2014

Grade Group

Daily Minimums

Weekly Minimums

K-5

1 cup FRUIT	1 cup MILK	Combined w/ Fruit VEGGIE
1 oz eq GRAIN	Optional MEAT/ALTERNATE	

5 cups FRUIT	5 cups MILK	Combined w/ Fruit VEGGIE
7 oz eq GRAIN	Optional MEAT/ALTERNATE	

K-8

1 cup FRUIT	1 cup MILK	Combined w/ Fruit VEGGIE
1 oz eq GRAIN	Optional MEAT/ALTERNATE	

5 cups FRUIT	5 cups MILK	Combined w/ Fruit VEGGIE
8 oz eq GRAIN	Optional MEAT/ALTERNATE	

6-8

1 cup FRUIT	1 cup MILK	Combined w/ Fruit VEGGIE
1 oz eq GRAIN	Optional MEAT/ALTERNATE	

5 cups FRUIT	5 cups MILK	Combined w/ Fruit VEGGIE
8 oz eq GRAIN	Optional MEAT/ALTERNATE	

9-12

1 cup FRUIT	1 cup MILK	Combined w/ Fruit VEGGIE
1 oz eq GRAIN	Optional MEAT/ALTERNATE	

5 cups FRUIT	5 cups MILK	Combined w/ Fruit VEGGIE
9 oz eq GRAIN	Optional MEAT/ALTERNATE	