

School Breakfast Program Meal Pattern

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12	Grade K - 12
Milk	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
Meats or Meat Alternates None required but may substitute 1 oz equivalent of meat /meat alternate for 1 oz equivalent grains after minimum daily grain is met				
Vegetables* May be substituted for fruits, but the first 2 cups/week must be from a subgroup other than starchy (dark green, red/orange, legumes, other)				
Fruits	5 cups/week* (1 cup daily minimum)	5 cups/week* (1 cup daily minimum)	5 cups/week* (1 cup daily minimum)	5 cups/week* (1 cup daily minimum)
Grains -All whole grain-rich beginning School Year 2014-2015	7 oz equivalent/week (1 oz daily minimum)	8 oz equivalent/week (1 oz daily minimum)	9 oz equivalent/week (1 oz daily minimum)	9 oz equivalent/week (1 oz daily minimum)
Minimum – Maximum Calories (kcal) Weekly average	350 – 500	400 – 550	450 - 600	450 - 500
Saturated Fat (% of total calories) Weekly average	<10%	<10%	<10%	<10%
Sodium* Weekly average	≤ 485 mg*	≤ 535 mg*	≤ 570 mg*	≤ 485 mg*
Trans Fat	0 grams/serving	0 grams/serving	0 grams/serving	0 grams/serving

*Targets in School Year 2017-18.

National School Lunch Meal Pattern

Food Components	Grade K - 5	Grade 6 – 8	Grade K – 8	Grade 9 - 12
Milk	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
Meats or Meat Alternates	8 oz equivalent/week (1 oz daily minimum)	9 oz equivalent/week (1 oz daily minimum)	9 oz equivalent/week (1 oz daily minimum)	10 oz equivalent/week (2 oz daily minimum)
Grains -All whole grain-rich beginning School Year 2014-2015	8 oz equivalent/week (1 oz daily minimum)	8 oz equivalent/week (1 oz daily minimum)	8 oz equivalent/week (1 oz daily minimum)	10 oz equivalent/week (2 oz daily minimum)
Fruits	2½ cups/week (½ cup daily minimum)	2½ cups/week (½ cup daily minimum)	2½ cups/week (½ cup daily minimum)	5 cups/week (1 cup daily minimum)
Vegetables (total)	3¾ cups/week (¾ cup daily minimum)	3¾ cups/week (¾ cup daily minimum)	3¾ cups/week (¾ cup daily minimum)	5 cups/week (1 cup daily minimum)
<i>Dark Green Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk	½ cup/wk
<i>Red / Orange Subgroup</i>	¾ cup/wk	¾ cup/wk	¾ cup/wk	1¼ cup/wk
<i>Legumes Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk	½ cup/wk
<i>Starchy Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk	½ cup/wk
<i>Other Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk	¾ cup/wk
Minimum – Maximum Calories (kcal) -Weekly average	550 – 650	600 – 700	600 – 650	750 - 850
Saturated Fat (% of total calories) -Weekly average	<10%	<10%	<10%	<10%
Sodium* -Weekly average	≤ 935 mg*	≤1035 mg*	≤ 935 mg*	≤1080 mg*
Trans Fat	0 grams / serving	0 grams / serving	0 grams / serving	0 grams / serving

*Targets in School Year 2017-18