

## Breakfast Meal Pattern 2016-2017

6-Day Week	Grades K-5	Grades 6-8	Overlapping Grades K-8	Grades 9-12	Overlapping Grades K-12
<b>Fruits or Vegetables</b> <small>a,b,c</small>	<b>1 cup daily (6 cups weekly) required for all age-grade groups</b>				
<b>Grains</b> <small>d,e</small>	≥ 8.5 oz eq week 1 oz eq daily	≥ 9.5 oz eq week 1 oz eq daily	≥ 9.5 oz eq week 1oz eq daily	≥ 11 oz eq week 1 oz eq daily	≥ 11 oz eq week 1 oz eq daily
Recommended Target Maximum for Grains: 12 oz eq per week for all age-grade groups					
<b>Meats/Meat Alternates</b> <small>e</small>	<b>0 oz eq required daily</b>  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.				
<b>Fluid milk</b> <small>f</small>	<b>1 cup daily (6 cups weekly) required for all age-grade groups</b>				
<b>Other Specifications: Daily Amount Based on the Average for a 6-Day Week</b>					
<b>Min-max calories (kcal)</b> <small>g</small>	350-500	400-550	400-500	450-600	450-500
<b>Saturated fat (% of total calories)</b>	< 10	< 10	<10	< 10	< 10
<b>Trans fat</b>	<b>Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.</b>				
<b>Sodium</b> <small>h</small>	≤ 540 mg	≤ 600 mg	≤ 540 mg	≤ 640 mg	≤ 540 mg

<sup>a</sup> Minimum creditable serving for fruits and vegetables is 1/8 cup.

<sup>b</sup> One quarter-cup of dried fruit counts as 1/2 cup of fruit. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

<sup>c</sup> One cup of leafy greens counts as 1/2 cup of vegetables.

<sup>d</sup> All grains credited towards the meal pattern for the SBP and NSLP must be whole grain-rich as of July 1, 2014.

<sup>e</sup> Minimum creditable serving for grains and meat/meat alternates is 0.25 ounce equivalents (oz eq).

<sup>f</sup> Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

<sup>g</sup> 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).

<sup>h</sup> 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 § 220.8(f)(3) for breakfast