Breakfast Meal Pattern 2015-2016

	Grades K-5	Grades 6-8	Overlapping Grades K-8	Grades 9-12	Overlapping Grades K-12
Fruits or Vegetables [a,b,c]	**1 cup daily required for all age-grade groups**				
Grains [d,e]	**≥ 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 [e]	**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 an as extra food and not credit towards any component.				
Fluid milk [f]	**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) [g]	**350-500**	**400-550**	**400-500**	**450-600**	**450-500**
Saturated fat (% of total calories)	**< 10**	**< 10**	**<10**	**< 10**	**< 10**
Trans fat	**Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.**				
Sodium [h]	**≤ 540 mg**	**≤ 600 mg**	**≤ 540 mg**	**≤ 640 mg**	**≤ 540 mg**

[a] Minimum creditable serving for fruits and vegetables is ⅛ cup.
[b] One quarter-cup of dried fruit counts as ½ 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.
[c] One cup of leafy greens counts as ½ cup of vegetables.
[d] All grains credited towards the meal pattern for the SBP and NSLP must be whole grain-rich as of July 1, 2014.
[e] Minimum creditable serving for grains and meat/meat alternates is 0.25 ounce equivalents (oz eq).
[f] Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).
[g] 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).
[h] 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.