

## Breakfast Meal Pattern - Effective July 1, 2014

Food Component	Required Grade Groups <sup>1</sup> Amount of Food <sup>2</sup> per Week (Minimum per Day)		
	Grades K-5	Grades 6-8	Grades 9-12
<b>Fruit:</b> <sup>3, 4</sup> Dried Fruit - 1/4 cup serving is equal to 1/2 cup of fruit	<b>1 cup per day</b>	<b>1 cup per day</b>	<b>1 cup per day</b>
<b>Vegetables:</b> <sup>3, 5</sup> Not required to be served	<b>0</b>	<b>0</b>	<b>0</b>
<b>Grains:</b> Whole Grain-Rich Ounce Equivalency Chart <sup>6</sup> In SY 2014-15, all grains must be whole grain-rich.	<b>7 oz eq per week (1 oz eq per day)</b>	<b>8 oz eq per week (1 oz eq per day)</b>	<b>9 oz eq per week (1 oz eq per day)</b>
<b>Meat/Meat Alternate:</b> Not required to be served. (Imitation cheese, canned or powdered cheese/sauce and bacon do not credit.) <b>Meat/Meat Alternate Examples:</b>	<b>0</b>	<b>0</b>	<b>0</b>
Meat, poultry, fish (cooked wt), cheese (aged or processed)	1 oz	1 oz	1 oz
Egg (large)	1/2 large egg	1/2 large egg	1/2 large egg
Cooked dry beans/peas <sup>5</sup>	1/4 cup	1/4 cup	1/4 cup
Yogurt & Soy Yogurt (commercially prepared)	4 fl oz or 1/2 cup	4 fl oz or 1/2 cup	4 fl oz or 1/2 cup
Peanut butter or other nut/seed butter	2 Tbsp	2 Tbsp	2 Tbsp
Peanuts, soy nuts, tree nuts, seeds	1 oz	1 oz	1 oz
Tofu (commercially prepared)	2.2 oz or 1/4 cup	2.2 oz or 1/4 cup	2.2 oz or 1/4 cup
<b>Milk (fluid):</b> Served as a beverage or on cereal, or both. Unflavored must be low fat (1% or less); flavored must be fat free	<b>8 fl oz per day</b>	<b>8 fl oz per day</b>	<b>8 fl oz per day</b>
<b>Calories:</b> (minimum-maximum ranges) <sup>7,8</sup>	<b>350-500</b>	<b>400-550</b>	<b>450-600</b>
<b>Saturated Fat:</b> (percent of total calories) <sup>8</sup>	<b>&lt; 10%</b>	<b>&lt; 10%</b>	<b>&lt; 10%</b>
<b>Sodium</b> (milligrams) <sup>9</sup>	<b>≤540</b>	<b>≤600</b>	<b>≤640</b>
<b>Trans fat</b> <sup>8</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

<sup>1</sup> For purposes of this meal pattern, a week equals five days. For weeks with a greater or lesser number of days, the servings per week must be prorated.

<sup>2</sup> Food items included in each food group and subgroup and amount equivalents. The minimum creditable serving size for a fruit or vegetable is 1/8 cup.

<sup>3</sup> All juice must be 100% full-strength. No more than half of the fruit or vegetable offerings during the week may be in the form of juice effective July 1, 2014 (SY2014-15).

<sup>4</sup> The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-15).

<sup>5</sup> Starting in SY 2014-15, vegetables may be substituted for fruits, but the first two cups per week of any such substitutions must be from the dark green, red/orange, beans and peas (legumes) or other vegetable subgroups as defined in §210.10(c)(2)(iii).

<sup>6</sup> All grains offered to meet the daily/weekly grain requirement must be whole grain-rich in both the SBP and NSLP beginning July 1, 2014 (SY 2014-15).

<sup>7</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>8</sup> Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat and sodium.

<sup>9</sup> Intermediate sodium specifications are established for SY 2014-15 and SY 2017-18. See required intermediate specifications for 220.8(f)(3) for breakfast and 210.10(f)(3) for lunches. Final sodium specifications are to be reached by July 1, 2022 (SY 2022-23). The sodium guidelines listed above are effective July 1, 2014 (SY 2014-15).