

Breakfast Meal Pattern - Effective July 1, 2023

	Required Grade Groups Minimum Amount of Food ¹ per Day & Week		
Food Component	Grades K-5	Grades 6-8	Grades 9-12
Fruit: ^{2,3} Dried Fruit - 1/4 cup serving is equal to 1/2 cup of fruit	1 cup per day 5 cups per week	1 cup per day 5 cups per week	1 cup per day 5 cups per week
Vegetables: ^{2,3} Not required to be served	0	0	0
Grains: Grains-Breads Chart ⁴ At least 80% of the grains offered during the week must be whole grain-rich.	1 oz eq per day 7 oz eq per week	1 oz eq per day 8 oz eq per week	1 oz eq per day 9 oz eq per week
Meat/Meat Alternate: Not required to be served. (Imitation cheese, canned or powdered cheese/sauce and bacon do not credit.) ⁵ Meat/Meat Alternate Examples:	0	0	0
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 ⁵	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
Milk (fluid): Served as a beverage or on cereal or both. Must offer two kinds. May offer unflavored or flavored low fat (1%) or fat free. ⁶	8 fl oz per day	8 fl oz per day	8 fl oz per day
Calories: (Minimum-maximum ranges) ^{7,8}	350-500	400-550	450-600
Saturated Fat: (percent of total calories) ⁸	< 10%	< 10%	< 10%
Sodium (milligrams) ⁸ Target 1A: Transitional Standards for SY 2023-2024	≤ 540	≤ 600	≤ 640
Trans fat ⁸	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

¹Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is 1 /8 cup. 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.

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

³Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans/peas (legumes), or "Other vegetables" subgroups, as defined in §210.10(c)(2)(iii) of this chapter.

⁴At least 80 percent of grains offered weekly must meet the whole grain-rich criteria specified in FNS guidance, and the remaining grain items offered must be enriched. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

⁵There is no meat/meat alternate requirement.

⁶All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored, provided that unflavored milk is offered at each meal service.

⁷The average daily calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

⁸Discretionary 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. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.