

Breakfast Meal Pattern - Effective July 1, 2024

| | 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. SY 24-25 schools may substitute vegetable for fruit at breakfast. | 0 | 0 | 0 |
| Grains or Meat/Meat Alternates: ⁴ Grains-Breads Chart At least 80% of the grains offered during the week must be whole grain-rich. Meat/Meat Alternate Examples: | 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, 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 | 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. One option must be unflavored. ⁵ | 8 fl oz per day | 8 fl oz per day | 8 fl oz per day |
| Calories: (Minimum-maximum ranges) ^{6,7} | 350-500 | 400-550 | 450-600 |
| Saturated Fat: (percent of total calories) ⁷ | < 10% | < 10% | < 10% |
| Sodium (milligrams) ⁷ Target 1A: In place through June 30, 2027 | ≤ 540 | ≤ 600 | ≤ 640 |

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. For SY 24-25 Schools may substitute vegetables for fruit at breakfast as described in paragraphs (s)(2)(i) and (ii) of this section.

⁴ Minimum creditable serving is 0.25 oz. eq. School may offer grains, meats/meat alternates, or a combination of both to meet the daily and weekly ounce equivalents for this combined component. At least 80 percent of grains offered weekly at breakfast must be whole grain-rich as defined in § 210.2 of this chapter, and the remaining grain items offered must be enriched.

⁵All 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.

⁶The 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).

⁷ Schools must meet the sodium limits by the dates specified in this chart. Discretionary sources of calories may be added to the meal pattern if within the dietary specifications.