

SBP Meal Pattern

School Breakfast Meal Pattern

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
Meat or Meat Alternates <small>None required but may substitute 1 oz equivalent of meat /meat alternate for 1 oz equivalent grains after minimum daily grain is met</small>			
Vegetables <small>May be substituted for fruits, but the first 2 cups/week must be from a subgroup other than starchy (dark green, red/orange, legumes, other)</small>			
Fruits	5 cups/week* (1 cup daily minimum)	5 cups/week* (1 cup daily minimum)	5 cups/week* (1 cup daily minimum)
Grains / Breads <small>-minimum -At least half whole grain beginning School Year 2013-14 -All whole grain beginning School Year 2014-2015</small>	7 oz equivalent/week (1 oz daily minimum)	8 oz equivalent/week (1 oz daily minimum)	9 oz equivalent/week (1 oz daily minimum)
Minimum – Maximum Calories (kcal) <small>Weekly average</small>	350 – 500	400 – 550	450 - 600
Saturated Fat (% of total calories) <small>Weekly average</small>	<10%	<10%	<10%
Sodium** <small>Weekly average</small>	≤ 540 mg*	≤ 600 mg*	≤ 640 mg*
Trans Fat	0 grams/serving	0 grams/serving	0 grams/serving

School Breakfast Meal Pattern – 7 day week

7-day School Week- Breakfast	Grades K5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	7 (1)	7 (1)	7 (1)
Grains (oz. eq)	10 (1)	11 (1)	12.5 (1)
Fluid Milk (cups)	7 (1)	7 (1)	7 (1)
Water	Potable water must be offered at breakfast		

School Breakfast Meal Pattern – 5 day week

5-day School Week- Breakfast	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
<i>Fruits (cups)</i>	5 (1)	5 (1)	5 (1)
<i>Grains (oz. eq)</i>	7 (1)	8 (1)	9 (1)
<i>Fluid Milk (cups)</i>	5 (1)	5 (1)	5 (1)
<i>Water</i>	Potable water must be offered at breakfast		

School Breakfast Meal Pattern – 4 day week

4-day School Week- Breakfast	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
<i>Fruits (cups)</i>	4 (1)	4 (1)	4 (1)
<i>Grains (oz eq)</i>	5.5 (1)	6.5 (1)	7 (1)
<i>Fluid Milk (cups)</i>	4 (1)	4 (1)	4 (1)
<i>Water</i>	Potable water must be offered at breakfast		

SBP Meal Pattern Foot Notes

1. A typical week equals five school operating days. SFAs that regularly operate for six or seven days must increase the weekly requirements by 20 percent for each additional day. Schools that regularly operate for less than five days must decrease the weekly requirements by 20 percent for each day less than five days.
2. Calories, saturated fat, and sodium limits listed apply to the average daily amounts found in a week of reimbursable breakfasts. They do not apply to each individual meal or per student.
3. Upon State agency Administrative Review, menus must be analyzed and must meet the current nutrient standards (find guidance in Additional Resources).
4. *Trans* fat is restricted to zero grams of *trans* fat per serving.
5. Potable water must be available and accessible without restriction to children at no charge in the place(s) where breakfasts are served during the meal service.
6. Breakfast in the classroom is an option available that has been shown to increase breakfast participation by delivering reimbursable meals to classrooms for student consumption before or during class. Breakfast delivered to the classroom allows all students to take advantage of a healthy start to the day while reducing overt identification (see the Civil Rights section of the Reference Guide for more information on overt identification). A key compliance related element to breakfast in the classroom is training POS staff on what constitutes a reimbursable meal.