

Breakfast Meal Pattern Requirements

Effective for the 2022-2023 and 2023-2024 School Years

These apply to all types of breakfast (e.g., in cafeteria, BIC, grab and go, etc.)

Food Component	Grade Group			
	K-5	K-8	6-8	9-12
Fruits (cup)	1 (d) 5 (w)	1 (d) 5 (w)	1 (d) 5 (w)	1 (d) 5 (w)
	No more than half of the fruit servings may be in the form of juice each week			
Grains (oz eq)	1 (d) 7 (w)	1 (d) 8 (w)	1 (d) 8 (w)	1 (d) 9 (w)
	80% of grains on each serving line must be whole grain-rich (WGR*) and the remaining grains must be enriched each week			
Meat/ Meat Alternates (oz eq)	Can be substituted for grain, ounce for ounce, to meet weekly grain minimum once daily grain minimum has been met			
Milk (cup)	1 (d) 5 (w)	1 (d) 5 (w)	1 (d) 5 (w)	1 (d) 5 (w)
	Offer at least 2 varieties of milk. Varieties may include Low-fat (1%) or Fat free flavored or unflavored. At least one variety must be unflavored.			
Nutrient	Grade Group			
	K-5	K-8	6-8	9-12
Calories	350-500	400-500	400-550	450-600
Saturated Fat (% of calories)	<10%	<10%	<10%	<10%
Trans Fat (g)	Nutrition label or manufacturer specifications must indicate 0 grams of trans fat per serving.			
Sodium (mg) Target 1	<540	<540	<600	<640

*WGR foods contain at least 50% whole grains and the remaining grains in the food are enriched or are 100% whole grain.

Breakfast Reminders

- Breakfast consists of 3 required food components: grains, fruits, and milk.
- **Meat/meat alternate** is optional and, if offered on the menu, must be offered with a true grain.
- **Vegetables** may be offered in place of fruits.
 - If starchy vegetables are offered, you must offer at least two cups of vegetables from the dark green, red/orange, beans and peas (legumes), or other, subgroups per week.
- The **daily minimum** of 1 oz eq grain, 1 cup milk, 1 cup fruit applies to all breakfast types.
- If operating “serve” (not offer versus serve) students must receive all components in at least their minimum required portion sizes for a reimbursable meal.

For Offer Versus Serve:

- You must offer at least 4 food items from the 3 component groups.
- A food item is a serving of food from one of the component categories, in the following quantities:
 - 1 oz eq grain (such as 1 cup of cereal, 1 slice of toast, 2 oz muffin)
 - 1 oz eq meat/meat alternate (such as 4 oz yogurt, 1 oz cheese stick, ½ large egg)
 - ½ cup fruit/veg/juice (such as 4 oz juice, ½ cup hash browns, 1 banana)
 - 1 cup milk (such as 8 oz carton of milk)
- You must offer 1 cup of fruit (or vegetable) with every breakfast (each ½ cup counts as an item).
- Students must select at least 3 food items including at least ½ cup fruit or vegetable for a reimbursable meal.
- No other components are required to be taken as part of a reimbursable breakfast except fruit/vegetable.
- If permitted by the menu planner, students can be allowed to take two of the same food items to make a reimbursable meal, (e.g., two slices of toast and an orange, or two bananas and a cereal) as long as students have at least ½ cup fruit/vegetable and at least 3 total items.

Breakfast Meal Pattern Requirements

Effective School Years 2022-2023 and 2023-2024

Grade Group

Daily Minimums

Weekly Minimums

K-5

1 cup FRUIT	1 cup MILK	Combined w/ Fruit VEGGIE
1 oz eq GRAIN	Optional MEAT/ALTERNATE	

5 cups FRUIT	5 cups MILK	Combined w/ Fruit VEGGIE
7 oz eq GRAIN	Optional MEAT/ALTERNATE	

K-8

1 cup FRUIT	1 cup MILK	Combined w/ Fruit VEGGIE
1 oz eq GRAIN	Optional MEAT/ALTERNATE	

5 cups FRUIT	5 cups MILK	Combined w/ Fruit VEGGIE
8 oz eq GRAIN	Optional MEAT/ALTERNATE	

6-8

1 cup FRUIT	1 cup MILK	Combined w/ Fruit VEGGIE
1 oz eq GRAIN	Optional MEAT/ALTERNATE	

5 cups FRUIT	5 cups MILK	Combined w/ Fruit VEGGIE
8 oz eq GRAIN	Optional MEAT/ALTERNATE	

9-12

1 cup FRUIT	1 cup MILK	Combined w/ Fruit VEGGIE
1 oz eq GRAIN	Optional MEAT/ALTERNATE	

5 cups FRUIT	5 cups MILK	Combined w/ Fruit VEGGIE
9 oz eq GRAIN	Optional MEAT/ALTERNATE	