

# Breakfast Meal Pattern 2023-24

## 7-Day Week

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fruits (cups) <sup>a c e</sup>	Weekly: 7 cups Daily: 1 cup				
Vegetables (cups) <sup>a c d e</sup>	0 cups required daily There is no separate requirement to serve vegetables in the SBP. Schools may substitute vegetables for fruit.				
Grains (oz eq) <sup>b f</sup>	Weekly: 10 oz eq Daily: 1 oz eq	Weekly: 11 oz eq Daily: 1 oz eq	Weekly: 11 oz eq Daily: 1 oz eq	Weekly: 12.5 oz eq Daily: 1 oz eq	Weekly: 12.5 oz eq Daily: 1 oz eq
Meats/Meat Alternates (oz eq) <sup>b g</sup>	0 oz eq required daily There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz eq of meat/meat alternate for 1 oz eq of grains after the minimum daily 1 oz eq grain requirement is met. A school may also offer meat/meat alternate as an extra food and not credit the item towards any component.				
Fluid milk (cups) <sup>h</sup>	1 cup daily for all age-grade groups				
<b>Other Specifications: Daily Amount Based on the Average for a 7-Day Week</b>					
Min-max calories (kcal) <sup>i j</sup>	350-500	400-550	400-500	450-600	450-500
Saturated fat (% of total calories) <sup>j</sup>	<10				
Sodium Target 1A (mg) <sup>j</sup>	≤540	≤600	≤540	≤640	≤540
Trans fat <sup>k</sup>	0 grams/serving				

- a. Minimum creditable serving for fruits and vegetables is 1/8 cup.
- b. Minimum creditable serving for grains and meat/meat alternates is 0.25 ounce equivalents (oz eq).
- c. Dried fruit credit double their volume (e.g. ¼ cup of dried fruit credits as 1/2 cup of fruit); No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength juice.
- d. Leafy green vegetables credit half their volume (e.g. 1.0 cup of leafy greens credits as 1/2 cup of vegetables).
- e. Schools must offer 1.0 cup of fruit and/or vegetables daily and 5.0 cups of fruit and/or vegetables weekly.
- f. At least 80% of all grains offered over the week must be whole grain-rich.
- g. There is no meat/meat alternate requirement. Schools may substitute 1.0 oz eq of meat/meat alternate for 1.0 oz eq of grains after the minimum daily grains requirement (1.0 oz eq) is met.
- h. All fluid milk must be low-fat (1 percent fat or less, unflavored or flavored) or fat-free (unflavored or flavored).
- i. The average daily calories for a 7-day school week must be within the range (at least the minimum and no more than the maximum values).
- j. 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. Sodium Target 1A (shown) is effective through SY 2023-24.
- k. Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.