

Breakfast Meal Pattern 2024-25

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fruits (cups) ^{a b d}	Weekly: 5 cups Daily: 1 cup				
Vegetables (cups) ^{a c d e}	0 cups required daily There is no separate requirement to serve vegetables in the SBP. Schools may substitute vegetables for fruit.				
Grains and/or Meats/Meat Alternates (oz eq) ^{f g h}	Weekly: ≥7oz eq Daily: 1 oz eq	Weekly: ≥8oz eq Daily: 1 oz eq	Weekly: ≥8oz eq Daily: 1 oz eq	Weekly: ≥9oz eq Daily: 1 oz eq	Weekly: ≥9oz eq Daily: 1 oz eq
Fluid milk (cups) ⁱ	1 cup daily for all age-grade groups				
Other Specifications: Daily Amount Based on the Average for a 5-Day Week					
Min-max calories (kcal) ^{j k}	350-500	400-550	400-500	450-600	450-500
Saturated fat (% of total calories) ^k	<10				
Sodium Target 1 (mg) ^{k l}	≤540	≤600	≤540	≤640	≤540
Added Sugars ^m (Effective July 1, 2025)	Breakfast Cereals: No more than 6 grams of added sugar per dry ounce Yogurt: No more than 12 grams of added sugar per 6 ounces Flavored Milk: No more than 10 grams of added sugar per 8 fluid ounces (1 cup)				

- a. Minimum creditable serving for fruits and vegetables is 1/8 cup.
- b. Dried fruit credits as 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.
- c. Leafy green vegetables credit half their volume (e.g. 1.0 cup of leafy greens credits as 1/2 cup of vegetables).
- d. Schools must offer 1.0 cup of fruit and/or vegetables daily and 5.0 cups of fruit and/or vegetables weekly.
- e. Through June 20, 2025, [Congressional Flexibility SP 06-2023](#) allows schools to substitute fruit with any vegetable subgroup. Beginning July 1, 2025, school food authorities (SFA) that offer vegetables at breakfast one day per week may offer a vegetable from any subgroup and schools that offer vegetables two or more days per week are required to offer vegetables from at least two different subgroups.
- f. Minimum creditable serving for grains and meat/meat alternates is 0.25 ounce equivalents (oz eq).
- g. At least 80% of grains offered over the week must be whole grain-rich. Schools that choose to offer a mix of grains and M/MA at breakfast will calculate the required whole grain-rich offerings based on the total amount of grains offered at breakfast during the week, by oz eq.
- h. Schools must offer 1.0 oz eq of grains, M/MA, or combination of both daily.
- i. All fluid milk must be low-fat (1 percent fat or less, unflavored or flavored) or fat-free (unflavored or flavored).
- j. The 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).
- k. Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, and sodium.
- l. Sodium Target 1 (shown) is effective through June 30, 2027.
- m. Beginning July 1, 2025, product-based limits for breakfast cereal, yogurt, and flavored milk will be implemented.