

Nutrition Standards in the School Breakfast Program Meal Pattern Chart

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

Pre-Kindergarten (Pre-K) Daily		
Meal Pattern Components	Age 1-2	Age 3-5
Milk Unflavored Age 1-2, whole milk Age 3-5, 1 percent low fat or fat free	(½) cup	(¾) cup
Fruits and Vegetables²	(¼) cup	(½) cup
Grains⁴ Whole Grain-Rich or Enriched		
<i>Bread Product:</i> (e.g., biscuit, roll, muffin)		(0.5) oz.
<i>Cooked: Cereal, Cereal Grain, Pasta</i>		(0.5) oz.
<i>Ready-To-Eat Breakfast Cereal, Dry or Cold:⁶</i> <i>Flakes or Rounds</i>		(0.5) oz.
<i>Puffed Cereal</i>		(0.7) oz.
<i>Granola</i>		(0.2) oz.

School Age Daily and Weekly				
Meal Pattern Components	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
Milk Unflavored or Flavored¹ 1 percent low fat or fat free	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Fruits and Vegetables³	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Grains⁵ Whole Grain-Rich or Enriched	7.0-10.0 (1.0) oz. eq.	8.0-10.0 (1.0) oz. eq.	9.0-10.0 (1.0) oz. eq.	9.0-10.0 (1.0) oz. eq.
Nutrient Specifications: Daily Amount Based on Average 5-Day Week				
Min.-Max. Calories (kcal)	350-500	400-550	450-600	450-500
Saturated Fat % of total calories	< 10	< 10	< 10	< 10
Sodium Target (mg)	T1 ≤ 540 mg T2 ≤ 485 mg	T1 ≤ 600 mg T2 ≤ 535 mg	T1 ≤ 640 mg T2 ≤ 570 mg	T1 ≤ 540 mg T2 ≤ 485 mg
Trans Fat	Product nutrition label/manufacturer specification must indicate 0 grams of <u>trans</u> fat per serving.			

1. For K-12, one choice of milk must be unflavored at each meal service.
2. Juice must be full strength (100% juice) and may be used to meet the vegetable or fruit requirement at one meal per day, including snack.
3. Through June 30, 2021, CEs may substitute any vegetable from any subgroup in place of a fruit.
4. At least one serving per day across all meals served must be whole grain-rich unless a meat/meat alternate is being served in place of grain that day. Remaining servings for the day must be enriched. Meat/meat alternates may be substituted for the entire grain requirement a maximum of three times a week. See the *Meat/Meat Alternates* subsection in *Administrator's Reference Manual (ARM), Section 11, Pre-Kindergarten (Pre-K) Meal Pattern for School Nutrition Program Operators* for more information on this topic. Grain-based desserts (e.g., cereal bars, breakfast bars, granola bars, sweet rolls, sweet pie crusts, doughnuts, toaster pastries, cake, brownies, etc.) are not creditable toward meeting the grains requirement.
5. Per week, at least 50% of all grains served must be whole grain-rich; remaining grains served and credited toward a reimbursable meal must be enriched.
6. Breakfast cereals must be whole grain-rich, enriched, or fortified and contain no more than 6 grams of sugar per dry ounce (21.2 grams sucrose and other sugars per 100 grams of dry cereal).



Food and Nutrition Division
School Nutrition Programs



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Nutrition Standards in the National School Lunch Program Meal Pattern Chart

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

Pre-Kindergarten (Pre-K) Daily			School Age Daily and Weekly				
Meal Pattern Components	Age 1-2	Age 3-5	Meal Pattern Components	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Milk Unflavored Age 1-2, whole milk Age 3-5, 1 percent low fat or fat free	(½) cup	(¾) cup	Milk Unflavored or Flavored ¹ 1 percent low fat or fat free	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Fruits ²	(⅓) cup	(¼) cup	Fruits	2½ (½) cups	2½ (½) cups	2½ (½) cups	5 (1) cups
Vegetables	(⅓) cup	(¼) cup	Vegetables Dark Green	3¾ (¾) cups ½ cup	3¾ (¾) cups ½ cup	3¾ (¾) cups ½ cup	5 (1) cups ½ cup
Grains ³ Whole Grain-Rich or Enriched			Red/Orange	¾ cup	¾ cup	¾ cup	1¼ cups
<i>Bread product such as biscuit, roll, or muffin</i>		(0.5) oz.	Beans/Peas (Legumes)	½ cup	½ cup	½ cup	½ cup
<i>Cooked breakfast cereal, cereal grain⁵, and/or pasta</i>		(0.5) oz.	Starchy	½ cup	½ cup	½ cup	½ cup
Meat/Meat Alternates ⁶			Other	½ cup	½ cup	½ cup	¾ cup
<i>Lean meat, poultry, or fish</i>	(1.0) oz. eq.	(1.5) oz. eq.	Additional Vegetable	1 cup	1 cup	1 cup	1½ cups
<i>Tofu, soy product, or alternate protein products</i>	(1.0) oz. eq.	(1.5) oz. eq.	Grains ⁴ Whole Grain-Rich or Enriched	8.0-9.0 (1.0) oz. eq.	8.0-10.0 (1.0) oz. eq.	8.0-9.0 (1.0) oz. eq.	10.0-12.0 (2.0) oz. eq.
<i>Cheese</i>	(1.0) oz. eq.	(1.5) oz. eq.	Meat/Meat Alternates	8-10 (1) oz. eq.	9-10 (1) oz. eq.	9-10 (1) oz. eq.	10-12 (2) oz. eq.
<i>Large egg</i>	(1.0) oz. eq.	(1.5) oz. eq.	Nutrient Specifications: Daily Amount Based on Average 5-Day Week				
<i>Cooked dry beans or peas</i>	(0.5) oz. eq.	(0.75) oz.	Min.-Max. Calories (kcal)	550-650	600-700	600-650	750-850
<i>Peanut butter, soy nut butter, or other nut or seed butter</i>	(1.1) oz. eq.	(1.7) oz. eq.	Saturated Fat % of total calories	< 10	< 10	< 10	< 10
<i>Yogurt, plain or flavored, unsweetened or sweetened</i>	(4.0) oz. eq.	(6.0) oz. eq.	Sodium Target (mg)	T1 ≤ 1230 mg T2 ≤ 935 mg	T1 ≤ 1360 mg T2 ≤ 1035 mg	T1 ≤ 1230 mg T2 ≤ 935 mg	T1 ≤ 1420 mg T2 ≤ 1080 mg
<i>Peanuts, soy nuts, tree nuts, or seeds</i>	(0.5) oz. eq.	(0.75) oz.	Trans Fat	Product nutrition label/manufacturer specification must indicate 0 grams of trans fat per serving.			

- For K-12, one choice of milk must be unflavored at each meal service.
- Juice must be full strength (100% juice) and may be used to meet the vegetable or fruit requirement at one meal per day, including snack. A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
- At least one serving per day, across all meals served must be whole grain-rich; remaining servings for the day must be enriched. Grain-based desserts (e.g., cereal bars, breakfast bars, granola bars, sweet rolls, sweet pie crusts, doughnuts, toaster pastries, cake, brownies, etc.) are not creditable toward meeting the grains requirement.
- Per week, at least 50% of all grains served must be whole grain-rich; remaining grains served must be enriched.
- Breakfast cereals must be whole grain-rich, enriched, or fortified and contain no more than 6 grams of sugar per dry ounce (21.2 grams sucrose and other sugars per 100 grams of dry cereal).
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces. Any combination of peanuts, soy nuts, tree nuts, or seeds may be credited to meet 50% of the minimum amount to be served.