

Breakfast Meal Pattern



	<i>Grades K-5</i>	<i>Grades 6-8</i>	<i>Grades K-8</i>	<i>Grades 9-12</i>	<i>Grades K-12</i>
Components	Amount of Food Per Week (Minimum Per Day)				
Fruits (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Vegetables (cups) *	0	0	0	0	0
Dark green	0	0	0	0	0
Red/Orange	0	0	0	0	0
Beans and peas (legumes)	0	0	0	0	0
Starchy	0	0	0	0	0
Other	0	0	0	0	0
Additional Vegetable to Reach Total	0	0	0	0	0
Grains (oz eq)	7 (1)	8 (1)	8 (1)	9 (1)	9 (1)
Meats/Meat Alternates (oz eq)	0	0	0	0	0
Fluid milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week					
Min-max calories (kcal)	350-500	400-550	400-500	450-600	450-500
Saturated fat (% of total calories)	< 10	< 10	< 10	< 10	< 10
Sodium (mg)	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540
<u>Trans fat</u>	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving. (<.5 grams of trans fat per serving)				

* For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or "Other vegetables" subgroups