

BREAKFAST for the SCHOOL NUTRITION PROGRAM - *At A Glance*

Breakfast Meal Pattern: Based on a 5 Day Week (4 & 7 day weekly minimums will vary)			
	K-5	6-8	9-12
Meal Pattern:	Amount of Food Per Week (Minimum Per Day)		
Fruits (cups)	5 (1)	5 (1)	5 (1)
Vegetables (cups)	0	0	0
Grains (oz. equivalent)	7 (1)	8 (1)	9 (1)
Meat/Meat Alternate (oz. equivalent)	0 No separate M/MA component. May substitute 1 oz. equiv. M/MA for 1 oz. equiv. of Grain after minimum daily grain is met.		
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount			
Minimum-Maximum Calories	350-500	400-550	450-600
	The average calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).		
Saturated Fat (% of total calories)	<10	<10	<10
Sodium (SY 2014-16)	< 540mg	< 600mg	<640mg
Sodium (SY 2017)	<485mg	<535mg	<570mg
Sodium (SY 2022)	<430mg	<470mg	<500mg
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving		

Food Component

One of 3 food groups offered in a reimbursable breakfast.

1. Grains (Meat/Meat Alternate option allowed)
2. Fruit (Vegetable as a substitution)
3. Fluid Milk

Food Item

A specific food offered within a food component.

Menu Item

The actual foods served such as breakfast burrito, fruit salad, or muffins.

Menu items may contain one or more components and count as one or more food items.

Offer vs. Serve

(Optional at all Grade Levels for Breakfast)

Must offer at least 4 food items

Student must take at least 3 food items

At least one item selected must be ½ cup fruit or vegetable
Signage explaining what constitutes a reimbursable meal to students including the requirement to select at least 1/2 cup fruit or vegetables is required

Whole Grain Rich

All grains offered at breakfast must be whole grain-rich.

Breakfast Food Component

Fruit

- Offer 1 cup daily/all grade groups
- Vegetables may be substituted for fruit
 - If substituting vegetables for the fruit component, all subgroups – dark green, red/orange, legume, starchy and 'other' must be offered during the week
- Vegetables from Dark Green, Red/Orange, Legume or 'Other' subgroups must be offered before the Starchy subgroup.
- Full strength fruit or vegetable juice may be used for up to ½ the weekly requirement.

Breakfast Food Component

Grains

- All grains must be whole grain rich
- Offer at least 1 oz. equivalent daily/all grade groups
- Weekly Minimum–
 - K-5 7 oz. equivalents
 - 6-8 8 oz. equivalents
 - 9-12 9 oz. equivalents

Breakfast Food Component

Milk

- Offer only fat-free (unflavored or flavored) or low-fat (unflavored) milk
- Offer 1 cup daily/all grade groups
- Variety of milk – at least 2 types of milk must be offered

Optional Breakfast Food Component

Meat/Meat Alternate (M/MA)

- No requirement to offer M/MA
- May offer M/MA in place of 1 grain after daily grain requirement is met (1 oz. equivalent of M/MA may credit as 1 oz. equiv. of grain)
- May offer M/MA as an extra food