

Nutrition Standards in the School Breakfast Program (SBP) Meal Pattern Chart

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

Released April 16, 2019

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 9–12	Grades K–12
Fluid Milk Unflavored Age 1–2, whole milk Age 3–5, 1 percent low fat or fat free	(½) cup	(¾) cup	Fluid Milk Unflavored or Flavored¹ 1 percent low fat or fat-free milk	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Fruits and Vegetables²	(¼) cup	(½) cup	Fruits and Vegetables³	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Grains⁴ Whole Grain-Rich or Enriched			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.				
<i>Bread Product:</i> <i>(i.e., biscuit, roll, muffin)</i>	(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.						

- 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.
- Beginning March 18, 2019, and ending September 30, 2019, CEs may substitute any vegetable from any subgroup in place of a fruit. Starting October 1, 2019, if CEs choose to offer vegetables as part of the week's breakfast menu, the CE must first plan a menu for the week that includes at least two cups of non-starchy vegetables from the Dark Green, Red/Orange, Beans/Peas (Legumes), or Other vegetables subgroups before planning to offer starchy vegetables.
- 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. Meat/meat alternates may be substituted for the entire grain requirement a maximum of three times a week. Remaining servings for the day must be enriched. 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 (i.e., 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.
- Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for ages 1–2 and ⅓ cup for ages 3–5. 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).

Nutrition Standards in the National School Lunch Program (NSLP) 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
Fluid Milk Unflavored Age 1–2, whole milk Age 3–5, 1 percent low fat or fat free	(½) cup	(¾) cup
Fruits⁸	(⅙) cup	(¼) cup
Vegetables	(⅙) cup	(¼) cup
Grains⁹ Whole Grain-Rich or Enriched		
<i>Bread product such as biscuit, roll, or muffin</i>	(0.5) oz.	
<i>Cooked breakfast cereal, cereal grain¹¹, and/or pasta</i>	(0.5) oz.	
Meat/Meat Alternates¹²		
<i>Lean meat, poultry, or fish</i>	(1.0) oz eq	(1.5) oz eq
<i>Tofu, soy product, or alternate protein products</i>	(1.0) oz eq	(1.5) oz eq
<i>Cheese</i>	(1.0) oz eq	(1.5) oz eq
<i>Large egg</i>	(1.0) oz eq	(1.5) oz eq
<i>Cooked dry beans or peas</i>	(0.5) oz eq	(0.75) oz
<i>Peanut butter, soy nut butter, or other nut or seed butter</i>	(1.1) oz eq	(1.7) oz eq
<i>Yogurt, plain, or flavored unsweetened or sweetened</i>	(4.0) oz eq	(6.0) oz eq
<i>Peanuts, soy nuts, tree nuts, or seeds</i>	(0.5) oz eq	(0.75) oz

School Age Daily and Weekly

Meal Pattern Components	Grades K–5	Grades 6–8	Grades K–8	Grades 9–12
Fluid Milk Unflavored or Flavored ⁷ 1 percent low fat or fat-free milk	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Fruits	2½ (½) cups	2½ (½) cups	2½ (½) cups	5 (1) cups
Vegetables	3¾ (¾) cups	3¾ (¾) cups	3¾ (¾) cups	5 (1) cups
Dark Green	½ cup	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	¾ cup	1¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup	½ cup
Other	½ cup	½ cup	½ cup	¾ cup
Additional Vegetable	1 cup	1 cup	1 cup	1½ cups
Grains,¹⁰ 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
Meat/Meat Alternates	8–10 (1) oz eq	9–10 (1) oz eq	9–10 (1) oz eq	10–12 (2) oz eq
Other Nutrient Specifications: Daily Amount Based on the Average for a 5-Day Week				
Min-Max Calories (kcal)	550–650	600–700	600–650	750–850
Saturated Fat % of total calories	< 10	< 10	< 10	< 10
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
Trans Fat	Product nutrition label/manufacturer specification must indicate 0 grams of <u>trans</u> 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 (i.e., 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.
- Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for ages 1–2 and ½ cup for ages 3–5. 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.