

## Breakfast Meal Pattern 2018-19

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fruits (cups) <sup>a,b,c</sup>	1 cup daily for all age-grade groups				
Vegetables (cups) <sup>a,b,c</sup> Dark green Red/Orange Beans and peas (legumes) Starchy Other	0 cups required daily There is no separate requirement to serve vegetables in the SBP. Schools may substitute vegetables for fruit. If you wish to serve starchy vegetables in place of the fruit component, two cups of vegetables at some point during the week must be from the dark green, red/orange, beans and peas (legumes), or "other" subgroup.				
Grains (oz eq) <sup>d</sup>	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
Meats/Meat Alternates (oz eq) <sup>e</sup>	0 oz eq required daily There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz eq of meat/meat alternate for 1 oz eq of grains after the minimum daily 1 oz eq grain requirement is met. A school may also offer meat/meat alternate as an extra food and not credit the item towards any component.				
Fluid milk <sup>f</sup> (cups)	1 cup daily for all age-grade groups				
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>					
Min-max calories (kcal) <sup>g,h</sup>	350-500	400-550	400-500	450-600	450-500
Saturated fat (% of total calories) <sup>h</sup>	<10				
Sodium Target 1 (mg) <sup>h</sup>	≤540	≤600	≤540	≤640	≤540
Trans fat <sup>h,i</sup>	0 grams/serving				

- a. Minimum creditable serving is 1/8 cup.
- b. One quarter-cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.
- c. Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Vegetables may be substituted for fruits, but two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or "Other vegetables" subgroups if you also wish to credit a starchy vegetable toward the fruits component.
- d. All grains must be whole grain-rich.
- e. There is no meat/meat alternate requirement. Schools may substitute 1 oz eq of meat/meat alternate for 1 oz eq of grains after the minimum daily grains requirement is met.
- f. Unflavored or flavored fluid milk must be low-fat (1%) or fat-free (skim).
- g. 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).
- h. Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Sodium Target 1 (shown) is effective through June 30, 2019 (SY 2018-2019).
- i. Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.