

Food-Based Menu Planning for Breakfast

Amount of Food^a Per Week (Minimum Per Day)

Meal Pattern	Grades K–12	Grades K–5	Grades K–8	Grades 6–8	Grades 6–12	Grades 9–12
Fruits (cups) ^{b,c}	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Vegetables (cups) ^{b,c}	0	0	0	0	0	0
Grain Minimums (oz eq) ^d	9–10 (1)*	7–10 (1)*	8–10 (1)*	8–10 (1)*	9–10 (1)*	9–10 (1)*
Meat/Meat Alternate Minimums (oz eq) ^e	0	0	0	0	0	0
Fluid Milk (Cups) ^f	5 (1)	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) ^{g,h}	450–500	350–500	400–500	400–550	450–550	450–600
Saturated fat (% of calories) ^h	<10% of calories	<10% of calories	<10% of calories	<10% of calories	<10% of calories	<10% of calories
Sodium Target 1 (mg) ^{h,i 2014-15 SY}	≤ 540 mg	≤ 540 mg	≤ 540 mg	≤ 600 mg	≤ 600 mg	≤ 640 mg
Reference Only Sodium Target 2 (mg) ^{h,i 2017-18 SY}	≤485 mg	≤ 485 mg	≤ 485 mg	≤535 mg	≤ 535 mg	≤ 570 mg
Trans Fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of trans fat (< 0.5 grams) per serving - No averaging.					

*U.S. Department of Agriculture has lifted the **weekly maximums** for grains. The maximums are used as a guide for menu planning purposes only. The **daily and weekly minimums** for grains and the **weekly calorie ranges** still apply.

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^a Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is $\frac{1}{8}$ cup.

^b One quarter-cup of dried fruit counts as $\frac{1}{2}$ cup of fruit; 1 cup of leafy greens counts as $\frac{1}{2}$ cup of vegetables. All juice must be 100% full-strength. Frozen 100% juice without added sugar can be used.

^c Beginning July 1, 2014 (SY 2014–15) schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. 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, as defined in 210.10(c)(2)(iii).

^d Beginning July 1, 2014 (SY 2014–15) all grains must be whole grain-rich. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met. Meat/meat alternates may be offered as extra food items that do not count toward the grain component or as food items for OVS. These extra food items need to be included in the weekly calories, sodium, and saturated fat.

^e There is no meat/meat alternate requirement.

^f All fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^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. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

ⁱ Final sodium targets must be met no later than July 1, 2022 (SY 2022–23). The first intermediate target must be met no later than SY 2014–2015 and the second intermediate target must be met no later than SY 2017–18. See required intermediate specifications in § 220.8(f)(3).

Note: For OVS, every student must take either $\frac{1}{2}$ cup fruit (or substituted vegetable) or a combination of both effective SY 2014–15.