

Five Day Breakfast Meal Pattern Grades K-5, 6-8, 9-12						
Food Components ¹	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly ²	Daily	Weekly ²	Daily	Weekly ²
Milk, fluid (cups) ³ Low-fat (1%) milk or fat-free milk, unflavored or flavored	1	5	1	5	1	5
Fruits (cups) ⁴ Vegetables may substitute for fruits ⁵ Fruit juice together with vegetable juice cannot exceed half of the weekly fruits ⁶	1	5	1	5	1	5
Grains (ounce equivalents) ^{7,8} Whole grain-rich (WGR) or enriched	1	7-10	1	8-10	1	9-10
Dietary Specifications (Nutrition Standards) <i>Daily amount based on the average for a five-day week</i>						
Calories ^{9,10}	350-500		400-550		450-600	
Saturated fat (percentage of total calories) ¹⁰	< 10		< 10		< 10	
Sodium (milligrams) ^{10,11}	≤ 540		≤ 600		≤ 640	
Trans fat (grams) ¹⁰	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving					

Menu planning notes

¹ Breakfasts must include the minimum serving of all three components. Larger amounts may be served if the weekly breakfast menu meets the dietary specifications for calories, saturated fat, sodium, and trans-fat. Use the USDA's Food [Buying Guide for Child Nutrition Programs](#) (FBG) to determine the amount of purchased food that meet the requirements. For processed foods, review the product's Child Nutrition (CN) label or product formulation statement (PFS).

- ² A week equals five days. School Food Authorities (SFAs) that regularly operate for six or seven days must increase the weekly requirements by 20 percent for each additional day. SFAs that regularly operate for less than five days must decrease the weekly requirements by 20 percent for each day less than five days.
- ³ SFAs must offer at least two different varieties of low-fat (1%) milk, (flavored or unflavored), or fat-free milk (flavored or unflavored). At least one choice must be unflavored low-fat or fat-free milk. Whole milk and reduced fat (2%) milk cannot be served.
- ⁴ The fruits component includes fresh fruit, frozen fruit, dried fruit, and canned fruit in juice, water or light syrup. Fruit credits based on volume, except dried fruit credits as twice the volume served, e.g., ¼ cup of dried fruit credits as ½ cup of the fruits component.
- ⁵ Vegetables include fresh, frozen, canned and rehydrated dried vegetables. Dried vegetables require a PFS. A serving of cooked vegetables must be drained, Vegetables from the dark green, red/orange. Legumes and “other” subgroups may substitute for the fruits component at any time. Starchy vegetables (such as hash-brown potatoes) cannot substitute unless the weekly breakfast menu includes at least 2 cups of non-starchy vegetables. Vegetables credit based on volume, except raw leafy greens such as lettuce and spinach credit as half the volume served (e.g. 1 cup credits as ½ cup of vegetables), and tomato paste, and puree credit based on the volume as if reconstituted.
- ⁶ Fruit and vegetable juice must be pasteurized 100 percent full strength juice. Fruit juice together with vegetable juice cannot exceed half of the weekly fruit offerings. The juice limit includes all sources of juice, e.g., 100 percent fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice. For best nutrition, served whole fruits instead of juice.
- ⁷ Per VT Child Nutrition requirements, all of the weekly grains offered at lunch must be Whole Grain Rich (WGR), a stricter requirement than the Federal requirement. WGR foods contain at least 50 percent whole grains, and the remaining grain content comes from enriched flour. Grains must meet the applicable weights (groups A-G) or volumes (groups H-I) in the USDA's ounce equivalents chart (see [Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP](#)), or provide the minimum creditable grains per serving (see [Calculation Methods for Crediting Grains for Grades K-12 in the NSLP and SBP](#)). Menus are not required to meet the weekly maximum ounce equivalents for grains but must meet the weekly minimums and stay within the weekly calorie range. The weekly maximum ounce equivalents provide a guide for planning age-appropriate meals that meet the dietary specifications for calories, saturated fat and sodium.
- ⁸ The meat/meat alternates component is not required for breakfast. SFAs may substitute 1-ounce equivalent of meat/meat alternates for 1-ounce equivalent of grains after offering the minimum daily grains serving (1 ounce equivalent). The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. A 1-ounce equivalent equals 1 ounce of lean meat. Poultry, or fish; 1 ounce of cheese (low-fat recommended); 2 ounces of cottage or ricotta cheese (low-fat recommended); ¼ cup of cooked beans and peas (legumes); ½ large egg; 2 tablespoons of nut butters; 1 ounce of nuts r seeds; ¼ cup of commercial tofu containing at least 5 grams of protein; 1 ounce of tempeh; 3 ounces of surimi; ½ cup of yogurt or soy yogurt; and 1 ounce of alternate protein products (APPs). APPs must meet the USDA requirements in Appendix A of the SBP regulations (7 CFR 200). Allowable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soy nuts.
- ⁹ The breakfast menus' average daily amount of calories for a five-day school week must be at least the minimum value, but no more than the maximum value.
- ¹⁰ Meals may include discretionary sources of calories (solid fats and added sugars) if the weekly breakfast menu meets the dietary specifications.
- ¹¹ These are the first sodium targets. Weekly breakfast menus must meet the first sodium target through June30, 2024.