

School Breakfast Program (SBP) Meal Pattern Requirements

Milk, Fluid Component (cups)	Grades K-5 Daily	Grades K-5 Weekly	Grades 6-8 Daily	Grades 6-8 Weekly	Grades 9-12 Daily	Grades 9-12 Weekly
Fluid Milk, low-fat (1%) or fat-free unflavored milk, or fat-free flavored milk Must offer a choice of at least 2 milks.	1	5	1	5	1	5

Fruits Component (cups)	Grades K-5 Daily	Grades K-5 Weekly	Grades 6-8 Daily	Grades 6-8 Weekly	Grades 9-12 Daily	Grades 9-12 Weekly
Vegetables may substitute for fruit. Note: Fruit juice cannot exceed half of the weekly fruits	1	5	1	5	1	5

Grains Component (ounce equivalents)	Grades K-5 Daily	Grades K-5 Weekly	Grades 6-8 Daily	Grades 6-8 Weekly	Grades 9-12 Daily	Grades 9-12 Weekly
Whole grain-rich (WGR)	1	7-10	1	8-10	1	9-10

Dietary Specifications (Nutrition Standards) Daily amount based on the average for a 5-day week	Grades K-5 Weekly	Grades 6-8 Weekly	Grades 9-12 Weekly
Calories	350-500	400-550	450-600
Saturated Fat (% of total calories)	<10	<10	<10
Sodium (milligrams)	≤485	≤535	≤570
Trans Fat (gram)	0	0	0

