

Breakfast Meal Pattern and Dietary Specifications

	Pre-K (Ages 3-5)	Grades K-5	Grades 6-8	Grades 9-12
Breakfast Meal Pattern	Amount of Food Per Week (Minimum Per Day)			
Fruits (cups)	(.5)			5 (1)
Grains (oz. eq.)	(.5)	7 (1)	8 (1)	9 (1)
Meats/Meat Alternates (oz. eq.)	No Requirement	No Requirement	No Requirement	No Requirement
Fluid Milk (cups)	(.75)	5 (1)	5 (1)	5 (1)
Dietary Specifications	No Requirement	Daily Amount Based on the Average for a 5-Day Week		
Min-Max Calories (kcal)	No Requirement	350-500		450-600
Saturated Fat (% of total calories)	No Requirement	< 10	< 10	< 10
Sodium Target	No Requirement	≤ 540	≤ 600	≤ 640