

## Breakfast Meal Pattern and Dietary Specifications

	Pre-K (Ages 3-5)	Grades K-5	Grades 6-8	Grades 9-12
<b>Breakfast Meal Pattern</b>	Amount of Food Per Week (Minimum Per Day)			
<b>Fruits (cups)</b>	(.5)	5 (1)	5 (1)	5 (1)
<b>Grains (oz. eq.)</b>	(.5)	7 (1)	8 (1)	9 (1)
<b>Meats/Meat Alternates (oz. eq.)</b>	No Requirement	No Requirement	No Requirement	No Requirement
<b>Fluid Milk (cups)</b>	(.75)	5 (1)	5 (1)	5 (1)
<b>Dietary Specifications</b>	No Requirement	Daily Amount Based on the Average for a 5-Day Week		
<b>Min-Max Calories (kcal)</b>	No Requirement	350-500	400-550	450-600
<b>Saturated Fat (% of total calories)</b>	No Requirement	< 10	< 10	< 10
<b>Sodium Target</b>	No Requirement	≤ 540	≤ 600	≤ 640
<b>Trans Fat</b>	No Requirement	Zero grams of trans fat per serving.		