

## Breakfast Meal Pattern and Dietary Specifications

Breakfast Meal Pattern	Pre-K (Ages 3-5)	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week (Minimum Per Day)			
Fruits (cups)	(.5)	5 (1)	5 (1)	5 (1)
Grains and/or Meat/Meat Alternates (oz. eq.)	(.5) Grains ONLY	7 (1)	8 (1)	9 (1)
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	400-550	450-600
Saturated Fat (% of total calories)	No Requirement	< 10	< 10	< 10
Sodium thru SY 2026-2027 (mg)	No Requirement	≤ 540	≤ 600	≤ 640