

Breakfast Meal Pattern and Dietary Specifications

Breakfast Meal Pattern	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week (Minimum Per Day)		
Fruits (cups)	5 (1)	5 (1)	5 (1)
Grains (oz eq)	7 (1)	8 (1)	9 (1)
Meats/Meat Alternates (oz eq)	No Requirement	No Requirement	No Requirement
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)
Dietary Specifications	Daily Amount Based on the Average for a 5-Day Week		
Min-Max calories (kcal)	350-500	400-550	450-600
Saturated Fat (% of total calories)	< 10	< 10	< 10
Sodium Target 1 (mg) SY 2021-22 waiver	≤ 540	≤ 600	≤ 640
Sodium Target 2 (mg) SY 2020-22	≤ 485	≤ 535	≤ 570
Trans fat	Zero grams of trans fat per serving		