

## Breakfast Meal Pattern Requirements

Effective June 30, 2014

These apply to all service types of breakfast - in the cafeteria, BIC, grab and go, etc.

Component	Breakfast			
Requirements: Daily = (d) Weekly = (w)	Grade Group K-5	Grade Group K-8	Grade Group 6-8	Grade Group 9-12
Fruit (cup)	1 (d) 5 (w)	1 (d) 5 (w)	1 (d) 5 (w)	1 (d) 5 (w)
No more than 50% of the fruit servings may be in the form of juice over the course of the week				
Grains (oz eq)	1 (d) 7 (w)	1 (d) 8 (w)	1 (d) 8 (w)	1 (d) 9 (w)
All grains must be whole grain-rich				
Meat/Meat Alternate (oz)	Can be substituted for grain, oz for oz, to meet weekly grain minimum once daily grain minimum has been met			
Milk (cup)	1 (d) 5 (w)	1 (d) 5 (w)	1 (d) 5 (w)	1 (d) 5 (w)
Calories	350-500	400-500	400-550	450-650
Saturated Fat (% of calories)	<10%	<10%	<10%	<10%
Trans Fat (grams)	0	0	0	0
Sodium (mg)	≤540	≤540	≤600	≤640

(d) - minimum daily requirements (w) - weekly requirements

### Breakfast Reminders:

Breakfast consists of 3 components: grains, fruit, and milk

**Meat/meat alternate** is optional and if offered on the menu, must be offered with a grain. Since meat is optional and not its own component, we count it in the grain component category

**Vegetables** may be substituted for fruits, but in order to count a starchy vegetable as a fruit, you need to offer 2 cups of vegetable from the red/orange, dark green, legumes, or "other" vegetable subgroups first. For example, if you wanted to count hash browns on Monday as part of your fruit component, you have to offer at least 2 cups of vegetables throughout the week from the other subgroups. The rest of your weekly fruit requirement would come from fruit.

Offer at least 2 varieties of milk - white must be ≤1% fat, flavored must be fat free

All grains must be whole grain-rich (at least 50% whole grain)

The daily minimum of 1 oz eq grain, 1 cup milk, 1 cup fruit applies to all breakfast types - including BIC, grab and go.

### For Offer Versus Serve:

We must offer 4 food items from the 3 components

A food item is a food from one of the component categories, in the following quantities:

- 1 oz eq grain (such as 1 cup of cereal, 1 slice of toast, half a bagel, small muffin)
- 1 oz meat (such as 4 oz yogurt, 1 oz cheese stick, 1/8 cup scrambled eggs)
- 1/2 cup fruit/veg/juice (such as 4 oz juice, 1/2 cup hash browns, 1 banana)
- 1 cup milk (such as 8 oz carton of milk)

We must offer 1 cup of fruit (or vegetable) with every breakfast (this counts as 2 items)

Students must select at least 3 food items for a reimbursable meal, one of which must be 1/2 cup fruit or vegetable

No other components are required to be taken except fruit/vegetable

Students ARE allowed to take two of the same food item to make a reimbursable meal, as long as they have at least 1/2 cup fruit/vegetable as well (i.e. two slices of toast and 4 oz juice is a reimbursable meal - 3 items)

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