

Breakfast Meal Pattern	Preschool	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week (minimum per day)			
Fruit (cups)	2½ (½)	5 (1)	5 (1)	5 (1)
Vegetable (cups)	May count towards Fruit requirement	May count towards fruit requirement.		
Grain (oz. eq.)	2 ½ (½)	7 (1)	8 (1)	9 (1)
Meat/Meat Alternate (oz. eq.)	May substitute for Grain up to 3 times per week.	May credit toward Grain requirement if at least 1 oz. eq. of Grain is offered.		
Fluid Milk (cups)	3¾ (¾)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on Average for 5-Day Week				
Minimum-maximum calories (kcal)	N/A	350-500	400-550	450-600
Saturated fat (% of total calories)	N/A	< 10	< 10	< 10
Other Specifications: Daily Amount Based on the Average for a 5-Day Week				
Sodium Target 1 (mg)	N/A	≤ 540	≤600	≤ 640
<i>Trans fat</i>	N/A	Nutrition label or manufacturer specifications must indicate ZERO (0) grams of <i>trans fat</i> per serving. (This does not apply to naturally occurring <i>trans</i> fats, present in some meat and dairy products.)		

- Minimum creditable serving of fruit/vegetable is ½ cup.
- ¼ cup of dried fruit counts as ½ cup creditable fruit.
- No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.
- A full component of fruit/vegetable is required to be offered, and students must select at least ½ cup with Offer vs. Serve.
- There is no maximum on the grain's component. However, nutrient specifications (calories, saturated fat, and sodium) must be met.
- There is no separate meats/meat alternate component in the SBP. A substitution of 1 ounce equivalent (oz. eq.) meats/meat alternate may be made for 1 oz. eq. grains **after** meeting the minimum daily grains requirement.
- Eighty percent (80%) of all grains must be whole-grain rich (WGR) and the remaining 20% of weekly grains must be enriched.
- Fluid milk must be low-fat (1%) or non-fat unflavored or flavored. Two choices are required, and unflavored milk must be one of the choices.
- The average daily number of calories for a school week must be within the range of minimum (no less) and maximum (no more) values.
- Schools are encouraged to look for ways to decrease sodium while creating menus that students enjoy.
- For non-comingled Pre-K students, please refer to the CACFP Meal Pattern Chart. Co-mingled Pre-K students may be offered the K-5 meal pattern.