

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 and/or Meat/Meat Alternate (M/MA) (oz. eq.)	2½ (½) May substitute M/MA for Grain up to 3 times per week	7 (1)	8 (1)	9 (1)
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

- Minimum creditable serving of fruit and vegetable is ½ cup.
- ¼ cup of dried fruit counts as ½ cup creditable fruit.
- No more than half of the fruit and 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 daily, and students must select at least ½ cup with Offer vs. Serve.
- Starting July 1, 2025, if vegetables are offered in place of fruit more than once per week, at least two different vegetable subgroups must be offered.
- There is no maximum on the grain and meat/meat alternate component. However, nutrient specifications (calories, saturated fat, and sodium) must be met.
- Eighty percent (80%) of all grains must be whole-grain rich (WGR) and the remaining 20% of weekly grains must be enriched or whole-grain rich.
- 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.
- Added Sugars: product-based limits for milk, yogurt, and cereal effective July 1, 2025. Weekly limit must be less than 10% of total calories per week effective July 1, 2027.
- 10% Sodium reductions effective July 1, 2027: Grades k-5: ≤ 485 mg, grades 6-8: ≤ 535 mg, grades 9-12: ≤ 570 mg. 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.