

School Breakfast Meal Pattern

Fruit

K-12
Daily 1 cup
Weekly 5 cups

No more than half of the weekly fruit offerings can be in the form of 100 percent fruit juice. Students must select 1/2 cup fruit and/or vegetable under OVS

Vegetables

K-12
Daily Optional in place of fruit
Weekly Optional in place of fruit

Meat or Meat Alternate

K-12
Daily Optional
Weekly Optional

Optional in place of grains after one ounce equivalent of grain has been offered.

Milk

K-12
1 cup per day

Low-fat (one percent) or fat free

Nutrient Standards

Daily Amount Based on Average 5-Day Week			
	K-5	6-8	9-12
Min-Max calories	350-500	400-550	450-600
Sodium (mg)*	540	600	640
Saturated fat (% of total calories)	<10	<10	<10
Trans fat	Nutrition label or manufacturer specifications must = 0g per serving		

Grains

	K-5	6-8	9-12
Daily	1	1	1
Weekly	7-10	8-10	9-10

Amounts are listed in ounce equivalents. All grain items offered must be whole grain rich. Daily/weekly minimums must be met.

School Lunch Meal Pattern

Fruit

	K-5	6-8	9-12
Daily	0.5 cup	0.5 cup	1 cup
Weekly	2.5 cups	2.5 cups	5 cups

One quarter cup dried = one-half cup
 Fresh, dried, frozen: no added sugar
 Canned: juice/light syrup
 100 percent juice only

Milk

	K-5	6-8	9-12
1 cup per day			

Low-fat (one percent) or fat free

Vegetables

	K-5	6-8	9-12
Daily	0.75 cup	0.75 cup	1 cup
Weekly	3.75 cups	3.75 cups	5 cups
Weekly Subgroup Requirements:			
	K-5	6-8	9-12
Dark Green	0.5 cup	0.5 cup	0.5 cup
Red/Orange	0.75 cup	0.75 cup	1.25 cups
Beans/Peas	0.5 cup	0.5 cup	0.5 cup
Starchy	0.5 cup	0.5 cup	0.5 cup
Other*	0.5 cup	0.5 cup	0.75 cup
Additional to reach weekly total	1 cup	1 cup	1.5 cups

One cup uncooked leafy greens = one-half cup vegetable

*Other = must come from other, dark green, red/orange or beans/peas subgroups

Meat or Meat Alternate

	K-5	6-8	9-12
Daily	1	1	2
Weekly	8-10	9-10	10-12

Amounts are listed in ounce equivalents.
 Daily/weekly minimums must be met.

Grains

	K-5	6-8	9-12
Daily	1	1	2
Weekly	8-9	8-10	10-12

Amounts are listed in ounce equivalents. All grains must be whole grain rich. Daily /weekly minimums must be met.

Vegetable Subgroup and Nutrient Requirements

Dark Green*

0.5 cup weekly for all grade groups

Bok Choy	Green Leaf Lettuce	Romaine Lettuce
Broccoli	Kale	Spinach
Chinese Cabbage	Mesclun Greens	Turnip Greens
Collard Greens	Mustard Greens	Watercress
Endive		

Red/Orange

K-5 and 6-8: 0.75 cup weekly
9-12: 1.25 cups weekly

Acorn Squash	Pumpkin
Butternut Squash	Red Peppers
Carrots	Sweet Potato
Hubbard Squash	Tomatoes
	Tomato Juice

Other

K-5 and 6-8: 0.5 cup weekly 9-12: 0.75 cup weekly

Artichokes	Cucumbers	Onions
Asparagus	Eggplant	Radishes
Avocado	Green Beans	Parsnips
Beets	Green Peppers	Summer Squash
Brussels Sprouts	Iceberg Lettuce	Snow/Sugar Snap Peas
Cabbage	Kohlrabi	Turnips
Cauliflower	Mushrooms	Wax Beans
Celery	Okra	Zucchini

The weekly portion size requirement for **Other** vegetables must come from **Other, Dark Green, Red/ Orange** or Beans/Peas.

Additional

K-5 and 6-8: 1 cup weekly 9-12: 1.5 cups weekly
Any vegetable may be served

Daily Amount Based on Average Five-Day Week

	K-5	6-8	9-12
Min-Max calories	550-650	600-700	750-850
Sodium (mg)	1,230	1,360	1,420
Saturated fat (% of total calories)	<10	<10	<10
Trans fat	Nutrition label or manufacturer specifications must = 0g per serving		

Beans/Peas

0.5 cup weekly for all grade groups

Black Beans	Pinto Beans
Black Eyed Peas	Pink Beans
Chickpeas	Refried Beans
Garbanzo Beans	Red Beans
Kidney Beans	Soy Beans (edamame)
Lentils	Split Peas
Lima Beans (dry)	White Beans
Navy Beans	

Starchy

0.5 cup weekly for all grade groups

Cassava	Lima Beans (canned/fresh)
Corn	Plantains
Fresh Cowpeas	Potatoes
Green Bananas	Taro
Green Peas	Water Chestnuts
Jicama	

* 1 cup of uncooked leafy greens = 0.5 cup of vegetable.

See the revised Fruits and Vegetables section of the USDA Food Buying Guide for complete information.