

## 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	1 cup per day	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	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
Caiflower	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.