

3-Day Meal Pattern for SBP

School Breakfast Program

Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> Minimum 3 items daily Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain Students must have all items at POS 		<ul style="list-style-type: none"> Minimum 4 items daily Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable 				
Required		Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fluid Milk All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Fruit/Juice/Vegetable All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.		1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Whole Grain-Rich Grains Daily and weekly minimums must be met. Not required to meet weekly maximum. At least 80% of the grains offered weekly must be whole grain-rich.		1 oz eq (daily) 4-6 oz eq (weekly)	1 oz eq (daily) 5-6 oz eq (weekly)	1 oz eq (daily) 5-6 oz eq (weekly)	1 oz eq (daily) 5.5-6 oz eq (weekly)	1 oz eq (daily) 5.5-6 oz eq (weekly)
Optional						
Meat/Meat Alternate No daily or weekly requirement. Item counts toward weekly grain requirement when at least 1 oz eq grain is served.		0	0	0	0	0
Calories Weekly Average		350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average		≤ 540	≤ 600	≤ 540	≤ 640	≤ 540
Saturated Fat (% of total calories) Weekly Average		≤ 10				
Trans Fat (g) Daily		0 per serving				

4-Day Meal Pattern for SBP

School Breakfast Program

Serve Only	Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> Minimum 3 items daily Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain Students must have all items at POS 	<ul style="list-style-type: none"> Minimum 4 items daily Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable 				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
<p style="text-align: center;">Fluid Milk</p> <p>All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.</p>	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p style="text-align: center;">Fruit/Juice/Vegetable</p> <p>All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.</p>	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p style="text-align: center;">Whole Grain-Rich Grains</p> <p>Daily and weekly minimums must be met. Not required to meet weekly maximum. At least 80% of the grains offered weekly must be whole grain-rich.</p>	1 oz eq (daily) 5.5-8 oz eq (weekly)	1 oz eq (daily) 6.5-8 oz eq (weekly)	1 oz eq (daily) 6.5-8 oz eq (weekly)	1 oz eq (daily) 7-8 oz eq (weekly)	1 oz eq (daily) 7-8 oz eq (weekly)
Optional					
<p style="text-align: center;">Meat/Meat Alternate</p> <p>No daily or weekly requirement. Item counts toward weekly grain requirement when at least 1 oz eq grain is served.</p>	0	0	0	0	0
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540
Saturated Fat (% of total calories) Weekly Average	≤ 10				
Trans Fat (g) Daily	0 per serving				

5-Day Meal Pattern for SBP

School Breakfast Program

Serve Only	Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> Minimum 3 items daily Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain Students must have all items at POS 	<ul style="list-style-type: none"> Minimum 4 items daily Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable 				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
<p style="text-align: center;">Fluid Milk</p> <p>All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.</p>	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p style="text-align: center;">Fruit/Juice/Vegetable</p> <p>All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.</p>	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p style="text-align: center;">Whole Grain-Rich Grains</p> <p>Daily and weekly minimums must be met. Not required to meet weekly maximum. At least 80% of the grains offered weekly must be whole grain-rich.</p>	1 oz eq (daily) 7-10 oz eq (weekly)	1 oz eq (daily) 8-10 oz eq (weekly)	1 oz eq (daily) 8-10 oz eq (weekly)	1 oz eq (daily) 9-10 oz eq (weekly)	1 oz eq (daily) 9-10 oz eq (weekly)
Optional					
<p style="text-align: center;">Meat/Meat Alternate</p> <p>No daily or weekly requirement. Item counts toward weekly grain requirement when at least 1 oz eq grain is served.</p>	0	0	0	0	0
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540
Saturated Fat (% of total calories) Weekly Average	≤ 10				
Trans Fat (g) Daily	0 per serving				

6-Day Meal Pattern for SBP

School Breakfast Program

Serve Only	Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> Minimum 3 items daily Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain Students must have all items at POS 	<ul style="list-style-type: none"> Minimum 4 items daily Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable 				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fluid Milk All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Fruit/Juice/Vegetable All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Whole Grain-Rich Grains Daily and weekly minimums must be met. Not required to meet weekly maximum. At least 80% of the grains offered weekly must be whole grain-rich.	1 oz eq (daily) 8.5-12 oz eq (weekly)	1 oz eq (daily) 9.5-12 oz eq (weekly)	1 oz eq (daily) 9.5-12 oz eq (weekly)	1 oz eq (daily) 11-12 oz eq (weekly)	1 oz eq (daily) 11-12 oz eq (weekly)
Optional					
Meat/Meat Alternate No daily or weekly requirement. Item counts toward weekly grain requirement when at least 1 oz eq grain is served.	0	0	0	0	0
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540
Saturated Fat (% of total calories) Weekly Average	≤ 10				
Trans Fat (g) Daily	0 per serving				

7-Day Meal Pattern for SBP

School Breakfast Program

Serve Only	Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> Minimum 3 items daily Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain Students must have all items at POS 	<ul style="list-style-type: none"> Minimum 4 items daily Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable 				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
<p style="text-align: center;">Fluid Milk</p> <p>All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.</p>	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p style="text-align: center;">Fruit/Juice/Vegetable</p> <p>All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.</p>	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p style="text-align: center;">Whole Grain-Rich Grains</p> <p>Daily and weekly minimums must be met. Not required to meet weekly maximum. At least 80% of the grains offered weekly must be whole grain-rich.</p>	1 oz eq (daily) 10-14 oz eq (weekly)	1 oz eq (daily) 11-14 oz eq (weekly)	1 oz eq (daily) 11-14 oz eq (weekly)	1 oz eq (daily) 12.5-14 oz eq (weekly)	1 oz eq (daily) 12.5-14 oz eq (weekly)
Optional					
<p style="text-align: center;">Meat/Meat Alternate</p> <p>No daily or weekly requirement. Item counts toward weekly grain requirement when at least 1 oz eq grain is served.</p>	0	0	0	0	0
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540
Saturated Fat (% of total calories) Weekly Average	≤ 10				
Trans Fat (g) Daily	0 per serving				