

# School Breakfast Program

## 3-Day Meal Pattern

Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.

Serve Only		Offer Versus Serve				
<ul style="list-style-type: none"><li>• Minimum 3 items daily</li><li>• Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate</li><li>• Students must have all items at POS</li></ul>		<ul style="list-style-type: none"><li>• Minimum 4 items daily</li><li>• Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate)</li><li>• Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li></ul>				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12	
<b>Fluid Milk (cups)</b> 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	
<b>Fruit/Juice/Vegetable (cups)</b> 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	
<b>Grains or Meat/Meat Alternates (oz eq)</b> Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched.	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	
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week						
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Saturated Fat (% of total calories) Weekly Average	≤ 10					
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540	
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485	
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10					

# School Breakfast Program

## 4-Day Meal Pattern

Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.

Serve Only		Offer Versus Serve				
<ul style="list-style-type: none"><li>• Minimum 3 items daily</li><li>• Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate</li><li>• Students must have all items at POS</li></ul>		<ul style="list-style-type: none"><li>• Minimum 4 items daily</li><li>• Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate)</li><li>• Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li></ul>				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12	
<b>Fluid Milk (cups)</b> 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	
<b>Fruit/Juice/Vegetable (cups)</b> 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	
<b>Grains or Meat/Meat Alternates (oz eq)</b> Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched.	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	
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week						
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Saturated Fat (% of total calories) Weekly Average	≤ 10					
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540	
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485	
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10					

# School Breakfast Program

## 5-Day Meal Pattern

Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.

Serve Only		Offer Versus Serve				
<ul style="list-style-type: none"><li>• Minimum 3 items daily</li><li>• Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate</li><li>• Students must have all items at POS</li></ul>		<ul style="list-style-type: none"><li>• Minimum 4 items daily</li><li>• Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate)</li><li>• Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li></ul>				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12	
<b>Fluid Milk (cups)</b> 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	
<b>Fruit/Juice/Vegetable (cups)</b> 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	
<b>Grains or Meat/Meat Alternates (oz eq)</b> Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched.	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	
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week						
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Saturated Fat (% of total calories) Weekly Average	≤ 10					
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540	
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485	
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10					

# School Breakfast Program

## 6-Day Meal Pattern

Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.

Serve Only		Offer Versus Serve				
<ul style="list-style-type: none"><li>• Minimum 3 items daily</li><li>• Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate</li><li>• Students must have all items at POS</li></ul>		<ul style="list-style-type: none"><li>• Minimum 4 items daily</li><li>• Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate)</li><li>• Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li></ul>				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12	
<b>Fluid Milk (cups)</b> 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	
<b>Fruit/Juice/Vegetable (cups)</b> 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	
<b>Grains or Meat/Meat Alternates (oz eq)</b> Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched.	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	
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week						
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Saturated Fat (% of total calories) Weekly Average	≤ 10					
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540	
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485	
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10					

# School Breakfast Program

## 7-Day Meal Pattern

Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.

Serve Only		Offer Versus Serve				
<ul style="list-style-type: none"><li>• Minimum 3 items daily</li><li>• Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate</li><li>• Students must have all items at POS</li></ul>		<ul style="list-style-type: none"><li>• Minimum 4 items daily</li><li>• Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate)</li><li>• Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li></ul>				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12	
<b>Fluid Milk (cups)</b> 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	
<b>Fruit/Juice/Vegetable (cups)</b> 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	
<b>Grains or Meat/Meat Alternates (oz eq)</b> Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched.	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	
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week						
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Saturated Fat (% of total calories) Weekly Average	≤ 10					
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540	
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485	
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10					