

3-Day Breakfast Meal Pattern Seamless Summer Option (SSO)

Following the Same Meal Pattern as the School Breakfast Program for Breakfast

Serve Only	Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> Minimum 3 items daily Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain Students must have all items on tray at POS 	<ul style="list-style-type: none"> Minimum 4 items daily Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate) Students must have at least 3 items on tray 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>Fluid milk Must offer two varieties in fat content and/or flavor. Unflavored milk <i>must</i> be offered.</p>	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p>Fruit/Juice/Vegetable Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to credit starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.</p>	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p>Whole Grain-Rich Grains Daily and weekly minimums must be met. Not required to meet weekly maximum. Flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich.</p>	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					
<p>Meat/Meat Alternate 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 Daily	0g/serving				

4-Day Breakfast Meal Pattern Seamless Summer Option (SSO)

Following the Same Meal Pattern as the School Breakfast Program for Breakfast

Serve Only	Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> Minimum 3 items daily Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain Students must have all items on tray at POS 	<ul style="list-style-type: none"> Minimum 4 items daily Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate) Students must have at least 3 items on tray 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>Fluid milk Must offer two varieties in fat content and/or flavor. Unflavored milk <i>must</i> be offered.</p>	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p>Fruit/Juice/Vegetable Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to credit starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.</p>	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p>Whole Grain-Rich Grains Daily and weekly minimums must be met. Not required to meet weekly maximum. Flexibility to provide enriched grains so long as at least 50% of grains offered weekly are 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>Meat/Meat Alternate 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 Daily	0g/serving				

5-Day Breakfast Meal Pattern Seamless Summer Option (SSO)

Following the Same Meal Pattern as the School Breakfast Program for Breakfast

Serve Only	Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> • Minimum 3 items daily • Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain • Students must have all items on tray at POS 	<ul style="list-style-type: none"> • Minimum 4 items daily • Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate) • Students must have at least 3 items on tray 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>Fluid milk Must offer two varieties in fat content and/or flavor. Unflavored milk <i>must</i> be offered.</p>	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p>Fruit/Juice/Vegetable Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to credit starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.</p>	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p>Whole Grain-Rich Grains Daily and weekly minimums must be met. Not required to meet weekly maximum. Flexibility to provide enriched grains so long as at least 50% of grains offered weekly are 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>Meat/Meat Alternate 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 Daily	0g/serving				

6-Day Breakfast Meal Pattern Seamless Summer Option (SSO)

Following the Same Meal Pattern as the School Breakfast Program for Breakfast

Serve Only	Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> Minimum 3 items daily Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain Students must have all items on tray at POS 	<ul style="list-style-type: none"> Minimum 4 items daily Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate) Students must have at least 3 items on tray 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>Fluid milk Must offer two varieties in fat content and/or flavor. Unflavored milk <i>must</i> be offered.</p>	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p>Fruit/Juice/Vegetable Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to credit starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.</p>	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p>Whole Grain-Rich Grains Daily and weekly minimums must be met. Not required to meet weekly maximum. Flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich.</p>	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					
<p>Meat/Meat Alternate 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 Daily	0g/serving				

7-Day Breakfast Meal Pattern Seamless Summer Option (SSO)

Following the Same Meal Pattern as the School Breakfast Program for Breakfast

Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> Minimum 3 items daily Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain Students must have all items on tray at POS 		<ul style="list-style-type: none"> Minimum 4 items daily Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate) Students must have at least 3 items on tray 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 Must offer two varieties in fat content and/or flavor. Unflavored milk <i>must</i> be offered.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
Fruit/Juice/Vegetable Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to credit starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.	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. Flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich.	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						
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 Daily	0g/serving					