

School Breakfast Program (SBP)

Meal Pattern Requirements for Various Age/Grade Groups

Quantities Required to Offer				
Required Component Offerings	Grades K-5	Grades 6-8	Grades 9-12	Specific Requirements:
Grains / Breads	1 oz. eq./day 7 oz. eq./week	1 oz. eq./day 8 oz. eq./week	1 oz. eq./day 9 oz. eq./week	Require half of the weekly grains in the NSLP and SBP be whole grain-rich, and the remaining weekly grains must be enriched.
WHEN CREATING A K-8 GROUP	8 oz. eq.			
WHEN CREATING A K-12 GROUP	9 oz. eq.			
Fruit	1 cup / day 5 cups / week	1 cup / day 5 cups / week	1 cup / day 5 cups / week	No more than ½ of the total weekly requirement may be met with 100% full-strength fruit juice.
Milk 1% or Fat Free Only	1 cup each day; 5 cups per week			In grades K-12, fluid milk must be 1% flavored or unflavored, or fat free flavored or unflavored.
Calorie Ranges	350-500 calories	400-550 calories	450-600 calories	Minimum and Maximum Calorie ranges in an average 5-day weekly menu
WHEN CREATING A K-8 GROUP	400-500 calories			
WHEN CREATING A K-12 GROUP	450-500 calories			
Meat / Meat Alternatives (Optional)	0 oz. eq.	0 oz. eq.	0 oz. eq.	May be: (1) substituted for grains once the daily grain requirement is met OR (2) menued as an “extra” item – menu planner must decide which option.
Sodium (mg)	≤ 540	≤ 600	≤ 640	When combining grade groups, the more restrictive requirement must be used.

OFFER VERSUS SERVE (OVS) for the School Breakfast Program (SBP)

- A minimum of 4 items must be offered daily
- Must prepare each of the 3 required components (Milk, Fruit/Juice/Vegetable, Grain) in the required amounts and 1 additional item (which may be a grain, fruit/juice/vegetable, or meat/meat alternate) daily
- At the Point of Service (POS), students must have at least 3 items on their tray
 - 1 item selected must be a ½ cup Fruit/Juice/Vegetable

