

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 and Meat/Meat Alternates	1 oz. eq./day 7 oz. eq./week	1 oz. eq./day 8 oz. eq./week	1 oz. eq./day 9 oz. eq./week	<p>Grains and meat/meat alternates are a combined group. Schools may offer grains, meat/meat alternate, or a combination of both to satisfy this meal component.</p> <p>Daily and weekly minimums must be met.</p> <p>80% of grains offered must be whole grain rich. The remaining grains must be enriched.</p> <p>Nuts and seeds may be used to satisfy 100% of the meat/meat alternate requirement.</p> <p><u>Sugar limits to be implemented by school year 2025/2026:</u> Breakfast cereals may have no more than 6 grams of added sugar per dry ounce. Yogurt may have no more than 12 grams of added sugar per 8 fluid ounces.</p>
WHEN CREATING A K-8 GROUP	8 oz. eq.			
WHEN CREATING A K-12 GROUP	9 oz. eq.			
Fruit and Vegetable	1 cup / day 5 cups / week	1 cup / day 5 cups / week	1 cup / day 5 cups / week	<p>No more than ½ of the total weekly requirement may be met with 100% full-strength juice.</p> <p>Schools choosing to offer vegetables at breakfast one day per school week have the option to offer any vegetables, including a starchy vegetable.</p> <p>Schools choosing to substitute vegetables for fruits at breakfast on two or more days per school week are required to offer vegetables from at least two different vegetable subgroups.</p>

<p align="center">Milk 1% or Fat Free Only</p>	<p align="center">1 cup each day; 5 cups per week</p>			<p align="center">Milk may be 1% or fat free. Flavored or unflavored milk may be offered.</p> <p align="center"><u>Sugar limits to be implemented by school year 2025/2026:</u> Flavored milk must contain no more than 10 grams of added</p>
<p align="center">Calorie Ranges</p>	<p align="center">350-500 calories</p>	<p align="center">400-550 calories</p>	<p align="center">450-600 calories</p>	<p align="center">Minimum and Maximum Calorie ranges in an average 5-day weekly menu</p>
<p align="center">WHEN CREATING A K-8 GROUP</p>	<p align="center">400-500 calories</p>		<p align="center"> </p>	
<p align="center">WHEN CREATING A K-12 GROUP</p>	<p align="center">450-500 calories</p>			
<p align="center">Sodium (mg)</p>	<p align="center">≤ 540</p>	<p align="center">≤ 600</p>	<p align="center">≤ 640</p>	<p align="center">When combining grade groups, the more restrictive requirement must be used. K-8, </= 540 K-12, </= 540</p>