### School Breakfast Pattern for Various Age/Grade Groups

<table>
<thead>
<tr>
<th>Required Component Offerings</th>
<th>Grades K-5</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
<th>Specific Requirements:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grains / Breads NEW</strong></td>
<td></td>
<td></td>
<td></td>
<td>Daily and weekly minimums must be met.</td>
</tr>
<tr>
<td>WHEN CREATING A K-8 GROUP</td>
<td>1 oz. eq./day</td>
<td>1 oz. eq./day</td>
<td>1 oz. eq./day</td>
<td>80% of the grains offered must be whole grain rich.</td>
</tr>
<tr>
<td></td>
<td>7 oz. eq./week</td>
<td>8 oz. eq./week</td>
<td>9 oz. eq./week</td>
<td>The remaining grains must be enriched.</td>
</tr>
<tr>
<td>WHEN CREATING A K-12 GROUP</td>
<td>8 oz. eq.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>1 cup / day</td>
<td>1 cup / day</td>
<td>1 cup / day</td>
<td>Juice must be 100% full strength. No more than ½ of the weekly offering may be juice.</td>
</tr>
<tr>
<td></td>
<td>5 cups / week</td>
<td>5 cups / week</td>
<td>5 cups / week</td>
<td></td>
</tr>
<tr>
<td><strong>Milk 1% or Fat Free Only</strong></td>
<td>1 cup each day; 5 cups per week</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Calorie Ranges</strong></td>
<td>350-500 calories</td>
<td>400-550 calories</td>
<td>450-600 calories</td>
<td>Minimum and Maximum Calorie ranges in an average 5-day weekly menu</td>
</tr>
<tr>
<td>WHEN CREATING A K-8 GROUP</td>
<td>400-550 calories</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WHEN CREATING A K-12 GROUP</td>
<td>450-500 calories</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Meat / Meat Alternatives (Optional)</strong></td>
<td>0 oz. eq.</td>
<td>0 oz. eq.</td>
<td>0 oz. eq.</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Sodium (mg) NEW</strong></td>
<td>≤ 540</td>
<td>≤ 600</td>
<td>≤ 640</td>
<td>K-8, ≤ 540 K-12, ≤ 540</td>
</tr>
</tbody>
</table>

**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 NEW
- At least 80% of grains offered during the week must be WGR. The remaining grains must be enriched.
### The School Lunch Pattern for Various Age/Grade Groups

The United States Department of Agriculture, National School Lunch Program requires that portions of meal components be adjusted by age/grade group to better meet the food and nutritional needs of children according to their ages.

#### Quantities Required to Offer

<table>
<thead>
<tr>
<th>Food Components</th>
<th>Ages 1-2</th>
<th>Ages 3-4</th>
<th>Grades K-5</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
<th>Specific Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meat or Meat Alternate (M/MA)</strong></td>
<td></td>
<td></td>
<td>8 oz. eq./wk</td>
<td>9 oz. eq./wk</td>
<td>10 oz. eq./wk</td>
<td>Must be served in the main dish or as the main dish and only one other menu item. Vegetable protein products, cheese, cheese alternate products, and enriched macaroni with fortified protein may be used to meet part of the meat/meat alternate requirement. Food and Nutrition Service Fact Sheets on each of these alternate foods give detailed instructions for use.</td>
</tr>
<tr>
<td>Lean meat, poultry, fish</td>
<td>1 oz.</td>
<td>1 ½ oz.</td>
<td>1 oz. eq. x per day minimum</td>
<td>1 oz. eq. x per day minimum</td>
<td>2 oz. eq. x per day minimum</td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>1 oz.</td>
<td>1 ½ oz.</td>
<td>1 oz. eq. x per day minimum</td>
<td>1 oz. eq. x per day minimum</td>
<td>2 oz. eq. x per day minimum</td>
<td></td>
</tr>
<tr>
<td>Large egg(s)</td>
<td>½</td>
<td>½</td>
<td>1 oz. eq. x per day minimum</td>
<td>1 oz. eq. x per day minimum</td>
<td>2 oz. eq. x per day minimum</td>
<td></td>
</tr>
<tr>
<td>Cooked, dry beans or peas</td>
<td>⅛ cup</td>
<td>⅜ cup</td>
<td>1 oz. eq. x per day minimum</td>
<td>1 oz. eq. x per day minimum</td>
<td>2 oz. eq. x per day minimum</td>
<td></td>
</tr>
<tr>
<td>Peanut butter (or any nut or seed butter)</td>
<td>2 Tbsp</td>
<td>3 Tbsp</td>
<td>1 oz. eq. x per day minimum</td>
<td>1 oz. eq. x per day minimum</td>
<td>2 oz. eq. x per day minimum</td>
<td></td>
</tr>
<tr>
<td>Peanuts, soy nuts, tree nuts or seeds*</td>
<td>⅛ oz. = 50%</td>
<td>⅛ oz. = 50%</td>
<td>1 oz. eq. x per day minimum</td>
<td>1 oz. eq. x per day minimum</td>
<td>2 oz. eq. x per day minimum</td>
<td></td>
</tr>
<tr>
<td>Yogurt, plain or flavored, unsweetened or sweetened</td>
<td>4 oz. or ½ cup</td>
<td>6 oz. or ¼ cup</td>
<td>1 oz. eq. x per day minimum</td>
<td>1 oz. eq. x per day minimum</td>
<td>2 oz. eq. x per day minimum</td>
<td></td>
</tr>
<tr>
<td><strong>Grains / Breads</strong></td>
<td></td>
<td></td>
<td>8 oz. eq./wk</td>
<td>8 oz. eq./wk</td>
<td>10 oz. eq./wk</td>
<td></td>
</tr>
<tr>
<td>Servings of grains or breads must be whole-grain rich</td>
<td>5 per week at least ⅛ svg/day</td>
<td>8 per week at least 1 svg/day</td>
<td>1 oz. eq. per day minimum</td>
<td>1 oz. eq. per day minimum</td>
<td>2 oz. eq. per day minimum</td>
<td>No more than ½ of the total requirement may be met with full-strength vegetable juice.</td>
</tr>
<tr>
<td><strong>Vegetable</strong></td>
<td>⅛ cup every day</td>
<td>½ cup every week</td>
<td>½ cup every week</td>
<td>½ cup every week</td>
<td>½ cup every week</td>
<td>In grades K-12 the vegetable subgroups need to be offered throughout the week. The amounts listed here are the minimum amount that must be offered during the week.</td>
</tr>
<tr>
<td>Dark Green</td>
<td>⅛ cup every week</td>
<td>½ cup every week</td>
<td>½ cup every week</td>
<td>½ cup every week</td>
<td>½ cup every week</td>
<td></td>
</tr>
<tr>
<td>Red/orange</td>
<td>⅛ cup every week</td>
<td>½ cup every week</td>
<td>½ cup every week</td>
<td>½ cup every week</td>
<td>½ cup every week</td>
<td></td>
</tr>
<tr>
<td>Beans/Peas</td>
<td>⅛ cup every week</td>
<td>½ cup every week</td>
<td>½ cup every week</td>
<td>½ cup every week</td>
<td>½ cup every week</td>
<td></td>
</tr>
<tr>
<td>Starchy</td>
<td>⅛ cup every week</td>
<td>⅛ cup every week</td>
<td>⅛ cup every week</td>
<td>⅛ cup every week</td>
<td>⅛ cup every week</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>⅛ cup every week</td>
<td>⅛ cup every week</td>
<td>⅛ cup every week</td>
<td>⅛ cup every week</td>
<td>⅛ cup every week</td>
<td>No more than ½ of the total weekly requirement may be met with 100% full-strength fruit juice.</td>
</tr>
<tr>
<td><strong>Fruit</strong></td>
<td>⅛ cup every day</td>
<td>⅛ cup every day</td>
<td>1 cup every day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Milk (fluid offered as a beverage)</strong></td>
<td>⅛ cup (6 fl. oz)</td>
<td>⅛ pint (8 fl. oz)</td>
<td></td>
<td></td>
<td></td>
<td>In grades K-12, fluid milk must be 1% unflavored, or fat free flavored or unflavored.</td>
</tr>
<tr>
<td>Min. and Max. Calorie Ranges in an average 5-day week menu</td>
<td>517*</td>
<td>550-650</td>
<td>600-700</td>
<td>750-850</td>
<td>Menus for students ages 1-2 and ages 3-4 have a minimum calorie requirement of 517 calories averaged over the school week.</td>
<td></td>
</tr>
</tbody>
</table>

*As listed in program guidance, these items may be used to meet no more than 50% of the requirement and must be combined in the meal with at least 50% of other meat or meat alternates (1 oz nuts/seeds = 1 oz of cooked lean meat, poultry, or fish). *Schools serving lunch 7 days per week should increase the weekly quantity by approximately 20% for each additional day. Food Buying Gide FNS Instruction 783-1, Rev. 2 Grains and Bread Instruction provide the information for the minimum weight of serving.

**New:**
- Sodium Target 1: Effective July 1, 2022 ≤ 1230 ≤ 1360 ≤ 1420 K-8 group sodium max = 1230mg.
- Sodium Interim Target 1A: Effective July 1, 2023 ≤1110 ≤1225 ≤1280 K-8 group sodium max = 1110 mg.

Mississippi Department of Education, Office of Child Nutrition July 2022
Commonly eaten vegetables in each vegetable subgroup

Dark Green Vegetables
- beet greens (canned, fresh or frozen)
- broccoli (fresh, slaw or frozen)
- collard greens (canned, fresh or frozen)
- dark green leafy lettuce
- kale (canned, fresh or frozen)
- mesclun/spring mix
- mustard greens (canned, fresh or frozen)
- romaine lettuce
- spinach (canned, fresh or frozen)
- turnip greens (canned, fresh or frozen)

Red & Orange vegetables
- winter squash (like acorn or butternut squash)
- carrots (canned, fresh or frozen)
- pumpkin (canned or fresh)
- red peppers
- salsa
- spaghetti sauce
- sweet potatoes
- tomato paste
- tomato puree
- tomatoes (crushed, diced, whole, stewed, cherry, whole) (canned, fresh or frozen)

Starchy vegetables
- corn (canned, fresh or frozen)
- cowpeas, field peas, pigeon peas or black-eyed peas (green or fresh)
- green peas (fresh or frozen)
- lima beans (green or frozen)
- potato products (hash browns, hashed patty, shredded, circles, mashed, french fries, frozen rounds, potato skins, potato wedges, potato sticks)
- potatoes, dehydrated (diced, flake, granules, slices), (canned fresh or frozen)
- peas

Beans and peas
- baked beans, dry, canned (in sauce with pork, in sauce with bacon, vegetarian)
- bean soup
- black beans (Turtle beans), (mature, dry)
- black-eyed beans (or peas), (mature, dry)
- garbanzo beans (chickpeas), (mature, dry)
- great northern beans (dry, mature)
- kidney beans (dry, mature)
- lentils (dry, mature)
- navy beans (dry, mature)
- pea soup
- pinto beans (dry, mature)
- red bean (dry, mature)
- refried beans
- split peas (dry, mature)
- white beans (dry, mature)

Other vegetables
- asparagus (canned, fresh or frozen)
- avocado
- beets (canned, fresh, without tops or frozen)
- bell peppers (dehydrated, canned, fresh, or frozen)
- brussels sprouts (fresh or frozen)
- cabbage (Chinese, celery, green, red)
- cauliflower (fresh or frozen)
- celery (canned or fresh)
- cucumber
- eggplant
- green beans (flat Italian, French cut, whole) (canned, fresh or frozen)
- lettuce (iceberg; mixed greens; equal amounts of iceberg and romaine with shredded carrots and red cabbage; mostly iceberg, some romaine with shredded carrot and red cabbage; leaf)
- mixed vegetables (broccoli and cauliflower; California blend; carrots, corn and green beans blend; peppers and onion; five vegetable blend, seven vegetable blend)
- mushrooms (canned, fresh or frozen)
- okra (canned, fresh or frozen)
- onion (green, spinach, sweet, white, yellow, purple) (dehydrated, canned, fresh or frozen)
- radishes, without tops (fresh)
- sugar snap peas (frozen)
- summer squash (yellow or zucchini) (canned, fresh or frozen)
- turnips, without tops
- wax beans (canned, fresh or frozen)
- zucchini

Mississippi Department of Education, Office of Child Nutrition
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