

Final Rule Meal Pattern Simplified Summary Breakfast

| Meal Components | K-8 | 9-12 |
|--------------------------------|---------------------------|---------------------------|
| FRUIT | 1 cup per day | 1 cup per day |
| Vegetables | 0* | 0* |
| Grain | 1 per day (at least 8/wk) | 1 per day (at least 9/wk) |
| Meat/Meat Alternate | 0** | 0** |
| Calories | 400-500 | 450-600 |
| Saturated Fat % total calories | <10 | <10 |
| Sodium | ≤ 540 | ≤ 640 |
| MILK | 8 oz daily | 8 oz daily |

*“For breakfast, vegetables may be substituted for fruits, but the first 2 cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups, as defines in 210.10(c)(2)(iii).”

** “There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.”