



# SCHOOL BREAKFAST PROGRAM





## School Breakfast Program Meal Pattern Overview





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Food Component	K-5	6-8	9-12	K-12
Grains	7 oz eq (1)	8 oz eq (1)	9 oz eq (1)	9 oz eq (1)
Fruits	5 c (1)	5 c (1)	5 c (1)	5 c (1)
Milk	5 c (1)	5 c (1)	5 c (1)	5 c (1)

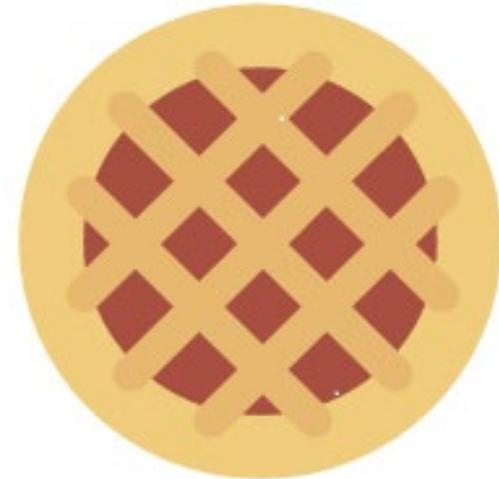


# Grains Component-Breakfast

Food Component	K-5	6-8	9-12	K-12
Grains	7 oz eq (1)	8 oz eq (1)	9 oz eq (1)	9 oz eq (1)

## Whole Grain-Rich (WGR)

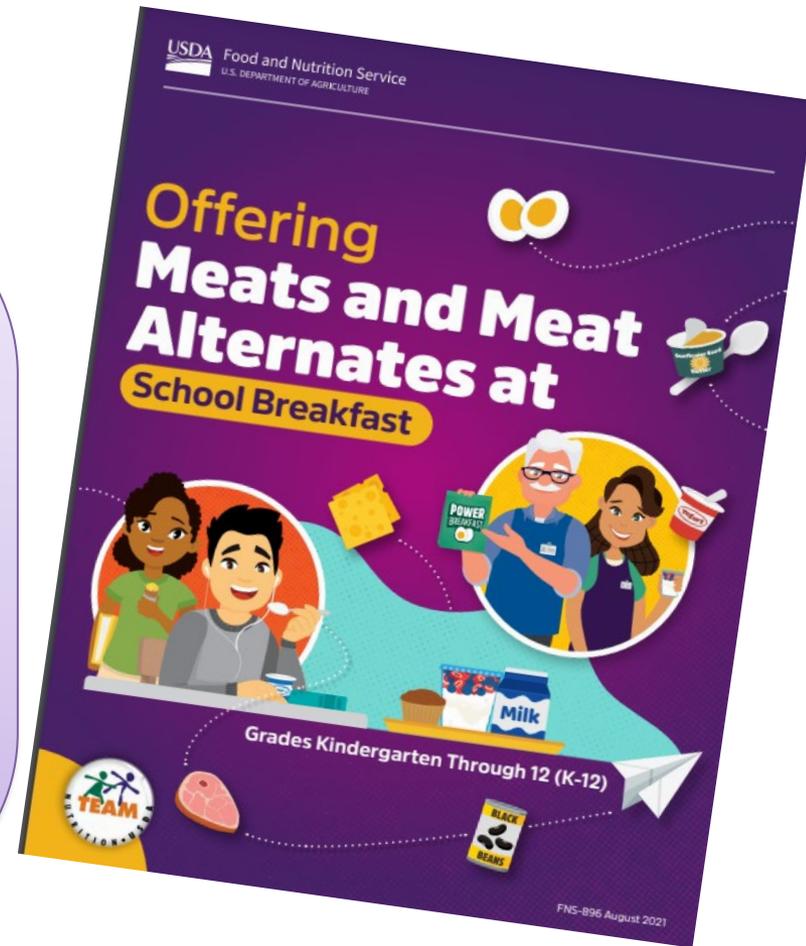
- Term designated by USDA to indicate that the grains components in a product are at least 50 percent whole grain with the remaining grains being enriched
- **At least 80% of grain items must be WGR**
- Any remaining grain items must be enriched





# Meat/Meat Alternate at Breakfast

- **Not a required component**
- Meat or Meat Alternate may be offered as a second grain
- One WGR or Enriched grain must be offered with M/MA
- 80% of actual grains served must be WGR items



[www.fns.usda.gov/tn/offering-meats-and-meat-alternates-school-breakfast](http://www.fns.usda.gov/tn/offering-meats-and-meat-alternates-school-breakfast)



# Fruit Component-Breakfast

Food Component	K-5	6-8	9-12	K-12
Fruits	5 c (1)	5 c (1)	5 c (1)	5 c (1)

Fresh

Frozen

Canned

Dried

100%  
Fruit Juice



# Vegetables at Breakfast

Grains

Fruit

Vegetable

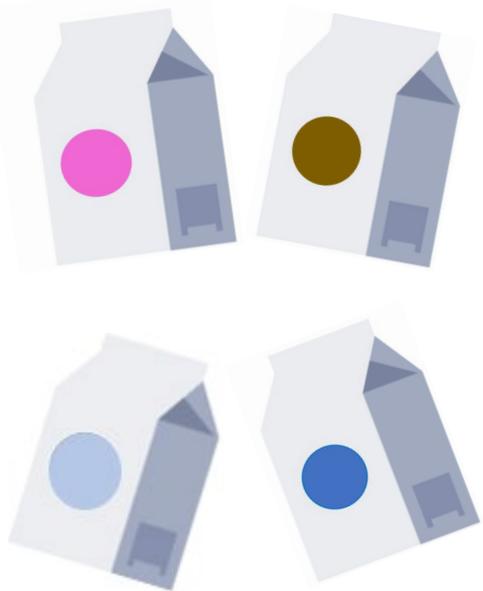
Milk

- **Not a required component**
- Vegetables may be served in place of a fruit, to meet the fruit component requirement
- Vegetables may be served:
  - Fresh
  - Frozen
  - Canned
  - 100% Juice (weekly limitations apply)



# Milk Component-Breakfast

Food Component	K-5	6-8	9-12	K-12
Milk	5 c (1)	5 c (1)	5 c (1)	5 c (1)



- Types of milk that may be offered include:
  - Fat-free (skim) unflavored
  - Fat-free (skim) flavored
  - Low-fat (1%) unflavored
  - Low-fat (1%) flavored
- At least two varieties of milk must be offered during the meal service
  - One of those must be unflavored



# USDA Grade Groups- Calories

**Grades K-5** 350-500 avg cal/week

**Grades 5-8** 400-550 avg cal/week

**Grades 9-12** 450-600 avg cal/week



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**Grades K-12** 450-500 avg cal/week



# Dietary Specifications for Breakfast- Weekly Average

	K-5	6-8	9-12	K-12
Saturated Fat	<10%	<10%	<10%	<10%
Trans Fat	Zero	Zero	Zero	Zero
Sodium Level 1 <i>Current-June 30, 2024 Transitional Standards</i>	≤540 mg	≤600 mg	≤640 mg	≤540 mg



# Offer Versus Serve (OVS)-Breakfast

	K-5	6-8	9-12
OVS	<i>Optional</i>	<i>Optional</i>	<i>Optional</i>

## Requirements

- ✓ Optional at all grade levels
- ✓ The three required food **components** must be *offered* at breakfast
- ✓ Four **items** must be *offered* at breakfast
- ✓ Students must select at least three of the four items offered
- ✓ One of the three selected items *must* be at least a ½ cup of fruit and/or vegetable

