



IN A NUTSHELL

School Breakfast Program (SBP)

Nutrition Standards & Meal Pattern Requirements

Age/Grade Groups

- K-5, 6-8, K-8, 9-12, K-12

Components

Milk

- Milk credits by volume (fluid ounces)
- 1 cup milk must be offered daily for all age/grade groups
- Must offer at least two milk varieties. Allowable milk types include low-fat (1% milk fat or less, flavored or unflavored) and fat-free (flavored or unflavored)

Fruits (or Vegetables)

- Fruits and vegetables credit by volume (cups)
 - A minimum of $\frac{1}{8}$ cup fruit or vegetable per serving is needed to credit
- 1 cup of fruit or vegetable must be offered to all grade groups, daily
- Creditable forms of fruit include: fresh, frozen (with or without added sugar), canned in water, light syrup or juice, dried, and pasteurized, full-strength juice
 - Dried fruit credits as twice the volume served (e.g. $\frac{1}{4}$ cup of raisins credits as $\frac{1}{2}$ cup of fruit)
- Creditable forms of vegetable include: fresh, frozen, canned, and pasteurized, full-strength juice
- No more than half of weekly fruit and vegetable offerings can be in the form of juice
- Vegetables may be offered in place of fruit, or a combination of fruit and vegetables may be provided to fulfill the 1 cup requirement

Grains

- Grains credit by weight (ounce equivalents [oz eq])
 - A minimum of 0.25 oz eq per serving is needed to credit
- Daily minimum of 1.0 oz eq must be offered for all age/grade groups
- Weekly minimums vary based on age/grade group
 - K-5: 7.0 oz eq; 6-8 and K-8: 8.0 oz eq; 9-12 and K-12: 9.0 oz eq
- 80% of all grains credited towards the meal pattern must be whole grain-rich
- Determine crediting by comparing the weight of the food product to those listed in [Exhibit A](#) or by calculating the grams of creditable grains in a recipe. Refer to the USDA [Food Buying Guide](#) for more information.

Meat/Meat Alternate (M/MA)

- Optional at breakfast
- School Food Authorities (SFAs) may choose to offer M/MA items and credit them towards the grain component
 - SFAs must still offer the 1.0 oz. eq. daily minimum of a *true* grain
 - Counts as an item under Offer versus Serve
 - Include in dietary specifications (calories, saturated fat, sodium, trans fat)

- Alternatively, SFAs may choose to offer M/MA as an extra
 - Does not count towards the grain component
 - Does not count as an item under Offer versus Serve
 - Include in dietary specifications (calories, saturated fat, sodium, trans fat)

Dietary Specifications

The dietary specifications set forth limits for calories, saturated fat, sodium and trans fat. These are assessed as a daily average over the course of one five-day week, except for trans fat which is a daily limit. The calculated daily average must be within the range listed in the table (at least the minimum and no more than the maximum values). Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.

Grade Groups	Calories (kcal)	Sodium Limits Target 1 (mg)	Saturated Fat (% of total calories)	Trans Fat (grams per serving)
K-5	350-500	≤540	<10	0
6-8	400-550	≤600	<10	0
K-8	400-500	≤540	<10	0
9-12	450-600	≤640	<10	0
K-12	450-500	≤540	<10	0

Menu Planning

- Refer to the [Breakfast Meal Pattern Table](#) for daily and weekly requirements for the three required components (milk, fruit, grain)
- Each serving line must meet the daily and weekly requirements, independently
- All foods and condiments that students have access to as part of a reimbursable meal must be included in the dietary specifications
- Maintain Child Nutrition (CN) labels and/or Product Formulation Statements (PFS) to document compliance

Offer versus Serve (OVS)

- OVS is optional for all age/grade groups at breakfast
- Using OVS, the SFA must offer at least four food items from the three required components (grains, fruit, milk) and students must select at least three food items for a reimbursable meal.
 - Food items are defined as 1 cup milk, 1.0 oz. eq. grain, and ½ cup fruit
 - The menu planner has the discretion to count large grain items (i.e. a 2.0 oz. eq. bagel) as either one food item or two food items.
- SFAs are encouraged to offer students choices within each component.
 - Example: When offering fruit, consider providing a few different types of fruit, such as ½ cup orange juice, ½ cup peaches and ½ cup applesauce
 - It is up to the menu planner to decide how many of the offered choices students are able to take based on the planned menu (i.e. 1 milk, 1 grain and 2 fruits).
- There is no requirement for a student to select milk under OVS.
- All students must select at least ½ cup fruit, vegetable, or fruit/vegetable combination for a reimbursable meal.

Resources

- [DPI School Breakfast](#) homepage
- [Menu Planning](#)