

School Breakfast Program (SBP)

Breakfast Meal Pattern ¹

School Year 2013-14 Only (Effective July 1, 2013)

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly ²	Daily	Weekly ²	Daily	Weekly ²
Fluid Milk (cups), low-fat (1%) unflavored or fat-free unflavored or flavored ³	1	5	1	5	1	5
Juice/Fruit/Vegetable (cups) ^{4,5}	½	2 ½	½	2 ½	½	2 ½
Grains (ounce equivalents) ^{6,7,8}	1	7-10	1	8-10	1	9-10

Dietary Specifications: Daily Amount Based on the Average for a Five-day Week			
Calories ^{9,10}	350-500	400-550	450-600
Saturated Fat (percentage of total calories) ¹⁰	< 10	< 10	< 10
Sodium (milligrams) ¹¹	≤ 540	≤ 600	≤ 640
Trans Fat (grams) ¹⁰	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving		

◀ See page 2 for important menu notes ▶

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- ¹ The meal pattern shows the required amounts of each component that must be made available to each child to claim reimbursement for the meal. Use the U.S. Department of Agriculture's (USDA) *Food Buying Guide for Child Nutrition Programs* to determine the amount of purchased food that meets the requirements. For processed foods, review Child Nutrition (CN) labels or product formulation statements.
- ² A week equals five days. Schools that regularly operate for six or seven days must increase the weekly requirements by 20 percent for each additional day. Schools that regularly operate for less than five days must decrease the weekly requirements by 20 percent for each day less than five days. For more information, see *Menu Planning for Shorter and Longer Weeks*.
- ³ Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole, reduced-fat (2%) and flavored low-fat milk cannot be served. Larger amounts of milk may be served if meals do not exceed the weekly calorie limit.
- ⁴ Fruits include fresh, frozen, canned in light syrup, water or juice and dried. All fruits credit based on volume except dried fruit counts as twice the volume served, e.g., ¼ cup of dried fruit counts as ½ cup of fruit. All vegetables credit based on volume except raw leafy greens count as half the volume served (e.g., 1 cup equals ½ cup of vegetables) and tomato paste and puree credit based on the volume as if reconstituted (see the *Food Buying Guide*). Larger amounts of fruits and vegetables may be served if meals do not exceed the weekly calorie limit.
- ⁵ Fruit and vegetable juice must be pasteurized 100 percent full-strength juice. There are no juice limits at breakfast in school year 2013-14. Serving whole fruits and vegetables instead of juice is recommended.
- ⁶ At least half of the weekly grains offered must be whole grain-rich, i.e., the product contains at least 50 percent whole grains and any remaining grains are enriched. Whole grain-rich foods meet at least one of the following: 1) contains at least 8 grams of whole grains per ounce equivalent (groups A-G) or provides the required volume or weight (groups H and I); 2) the product includes the Food and Drug Administration (FDA)-approved whole grain claim ("Diets rich in whole-grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and some cancers"); or 3) whole grain is the first ingredient listed. For mixed dishes such as breakfast burritos, a whole grain must be the first grain ingredient listed. All grains must meet the serving sizes specified in *Whole Grain-Rich Ounce Equivalents Requirements for School Nutrition Programs*.
- ⁷ For school year 2013-14, schools are not required to comply with the maximums for grains. Menus must still meet the minimums for grains and stay within the weekly calorie range.
- ⁸ The SBP does not have a separate meat/meat alternates component. Schools may substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of grains after the minimum daily grains requirement is met. The serving size refers to the edible portion of cooked lean meat, poultry or fish as served, e.g., cooked lean meat without bone. A 1-ounce equivalent equals 1 ounce of lean meat, poultry or fish, 1 ounce of cheese (low-fat recommended), ¼ cup of cooked beans and peas (legumes), ½ large egg, 2 tablespoons of nut butters, 1 ounce of nuts or seeds, ¼ cup (2.2 ounces) of commercial tofu (containing at least 5 grams of protein), ½ cup of yogurt or soy yogurt and 1 ounce of alternate protein products (APP). APP must meet the USDA requirements specified in appendix A to Part 220 of the SBP regulations. Allowable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios and soynuts.
- ⁹ The average daily amount of calories for a five-day school week must be at least the minimum value but no more than the maximum value.
- ¹⁰ Discretionary sources of calories (solid fats and added sugars) may be added if meals meet the dietary specifications for calories, saturated fat, trans fat and sodium.
- ¹¹ These are intermediate sodium limits (first target) that must be reached by July 1, 2014. The second intermediate target must be reached by July 1, 2017 (≤485 for grades K-5; ≤535 for grades 6-8 and ≤570 for grades 9-12). The final sodium target must be reached by July 1, 2022 (≤430 for grades K-5; ≤470 for grades 6-8 and ≤500 for grades 9-12).

For more information, see the Connecticut State Department of Education's (CSDE) [Meal Patterns Web page](#) and [Crediting Foods Web page](#) or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.