

# Nutrition Standards in the School Breakfast Program Meal Pattern Chart

## Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

Pre-Kindergarten (Pre-K) Daily		
Meal Pattern Components	Age 1-2	Age 3-5
<b>Milk</b> <b>Unflavored</b> Age 1-2, whole milk Age 3-5, 1 percent low fat or fat free	(½) cup	(¾) cup
<b>Fruits and Vegetables<sup>2</sup></b>	(¼) cup	(½) cup
<b>Grains<sup>4</sup></b> <b>Whole Grain-Rich or Enriched</b>		
<i>Bread Product:</i> (e.g., biscuit, roll, muffin)	(0.5) oz eq	
<i>Cooked: Cereal, Cereal Grain, Pasta</i>	(0.5) oz eq	
<i>Ready-To-Eat Breakfast Cereal, Dry or Cold:<sup>5</sup></i> <i>Flakes or Rounds</i>	(0.5) oz eq	
<i>Puffed Cereal</i>	(0.7) oz eq	
<i>Granola</i>	(0.2) oz eq	

School Age Daily and Weekly				
Meal Pattern Components	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
<b>Milk</b> Unflavored or flavored fat free or unflavored 1 percent low fat <sup>1</sup>	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
<b>Fruits and Vegetables<sup>3</sup></b>	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
<b>Grains,</b> Whole Grain-Rich	7.0-10.0 (1.0) oz eq	8.0-10.0 (1.0) oz eq	9.0-10.0 (1.0) oz eq	9.0-10.0 (1.0) oz eq
<b>Nutrient Specifications: Daily Amount Based on Average 5-Day Week</b>				
<b>Min.-Max. Calories (kcal)</b>	350-500	400-550	450-600	450-500
<b>Saturated Fat</b> % of total calories	< 10	< 10	< 10	< 10
<b>Sodium Target (mg)</b>	T2 ≤ 485 mg	T2 ≤ 535 mg	T2 ≤ 570 mg	T2 ≤ 485 mg
<b>Trans Fat</b>	Product nutrition label/manufacture specification must indicate 0 grams of trans fat per serving.			

1. For K-12, one choice of milk must be unflavored at each meal service.
2. Juice must be full strength (100% juice) and may be used to meet the vegetable or fruit requirement at one meal per day, including snack.
3. Through June 30, 2021, CEs may substitute any vegetable from any subgroup in place of a fruit.
4. For pre-K, at least one serving per day across all meals served must be whole grain-rich unless a meat/meat alternate is being served in place of grain that day. Remaining servings for the day must be enriched. Meat/meat alternates may be substituted for the entire grain requirement a maximum of three times a week. See the *Meat/Meat Alternates* subsection in *Administrator's Reference Manual (ARM), Section 9, Pre-Kindergarten (Pre-K) Meals* for more information on this topic. Grain-based desserts (e.g., cereal bars, breakfast bars, granola bars, sweet rolls, sweet pie crusts, doughnuts, toaster pastries, cake, brownies, etc.) are not creditable toward meeting the grains requirement.
5. Breakfast cereals must be whole grain-rich, enriched, or fortified and contain no more than 6 grams of sugar per dry ounce (21.2 grams sucrose and other sugars per 100 grams of dry cereal).



Food and Nutrition Division  
School Nutrition Programs



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

This product was funded by USDA.  
This institution is an equal opportunity provider.



Updated 08/2020  
www.SquareMeals.org

# Nutrition Standards in the National School Lunch Program Meal Pattern Chart

## Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

Pre-Kindergarten (Pre-K) Daily			School Age Daily and Weekly				
Meal Pattern Components	Age 1-2	Age 3-5	Meal Pattern Components	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
<b>Milk Unflavored</b> Age 1-2, whole milk Age 3-5, 1 percent low fat or fat free	(½) cup	(¾) cup	<b>Milk</b> Unflavored or flavored fat free or unflavored 1 percent low fat <sup>1</sup>	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
<b>Fruits<sup>2</sup></b>	(½) cup	(¼) cup	<b>Fruits</b>	2½ (½) cups	2½ (½) cups	2½ (½) cups	5 (1) cups
<b>Vegetables</b>	(½) cup	(¼) cup	<b>Vegetables Dark Green</b>	3¾ (¾) cups	3¾ (¾) cups	3¾ (¾) cups	5 (1) cups
<b>Grains<sup>3</sup> Whole Grain-Rich or Enriched</b>			<b>Red/Orange</b>	½ cup	½ cup	½ cup	½ cup
<i>Bread product such as biscuit, roll, or muffin</i>	(0.5) oz eq		<b>Beans/Peas (Legumes)</b>	¾ cup	¾ cup	¾ cup	1¼ cups
<i>Cooked breakfast cereal, cereal grain<sup>4</sup>, and/or pasta</i>	(0.5) oz eq		<b>Starchy</b>	½ cup	½ cup	½ cup	½ cup
<b>Meat/Meat Alternates<sup>5</sup></b>			<b>Other</b>	½ cup	½ cup	½ cup	¾ cup
<i>Lean meat, poultry, or fish</i>	(1.0) oz eq	(1.5) oz eq	<b>Additional Vegetable</b>	1 cup	1 cup	1 cup	1½ cups
<i>Tofu, soy product, or alternate protein products</i>	(1.0) oz eq	(1.5) oz eq	<b>Grains, Whole Grain-Rich</b>	8.0-9.0 (1.0) oz eq	8.0-10.0 (1.0) oz eq	8.0-9.0 (1.0) oz eq	10.0-12.0 (2.0) oz eq
<i>Cheese</i>	(1.0) oz eq	(1.5) oz eq	<b>Meat/Meat Alternates</b>	8-10 (1) oz eq	9-10 (1) oz eq	9-10 (1) oz eq	10-12 (2) oz eq
<i>Large egg</i>	(1.0) oz eq	(1.5) oz eq	<b>Nutrient Specifications: Daily Amount Based on Average 5-Day Week</b>				
<i>Cooked dry beans or peas</i>	(0.5) oz eq	(0.75) oz eq	<b>Min.-Max. Calories (kcal)</b>	550-650	600-700	600-650	750-850
<i>Peanut butter, soy nut butter, or other nut or seed butter</i>	(1.1) oz eq	(1.7) oz eq	<b>Saturated Fat % of total calories</b>	< 10	< 10	< 10	< 10
<i>Yogurt, plain or flavored, unsweetened or sweetened</i>	(4.0) oz eq	(6.0) oz eq	<b>Sodium Target (mg)</b>	T2 ≤ 935 mg	T2 ≤ 1035 mg	T2 ≤ 935 mg	T2 ≤ 1080 mg
<i>Peanuts, soy nuts, tree nuts, or seeds</i>	(0.5) oz eq	(0.75) oz eq	<b>Trans Fat</b>	Product nutrition label/manufacturer specification must indicate 0 grams of trans fat per serving.			

1. For K-12, one choice of milk must be unflavored at each meal service.
2. Juice must be full strength (100% juice) and may be used to meet the vegetable or fruit requirement at one meal per day, including snack. A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
3. For pre-K, at least one serving per day, across all meals served must be whole grain-rich; remaining servings for the day must be enriched. Grain-based desserts (e.g., cereal bars, breakfast bars, granola bars, sweet rolls, sweet pie crusts, doughnuts, toaster pastries, cake, brownies, etc.) are not creditable toward meeting the grains requirement.
4. For pre-K, breakfast cereals must be at least 50% whole-grain rich, enriched, or fortified and contain no more than 6 grams of sugar per dry ounce (21.2 grams sucrose and other sugars per 100 grams of dry cereal).
5. Yogurt must contain no more than 23 grams of total sugars per 6 ounces. Any combination of peanuts, soy nuts, tree nuts, or seeds may be credited to meet 50% of the minimum amount to be served.