

Meal Pattern Chart

National School Breakfast Program

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 9-12
Milk: Unflavored: Age 1, Whole; Age 2-5, Whole 1%, 2%, or Skim	½ cup	¾ cup	⁴ Milk: ⁵ Unflavored/flavored Whole, 2%, 1%, Skim	5 (1) cups	5 (1) cups	5 (1) cups
Fruits and Vegetables	¼ cup	½ cup	Fruits and ⁶Vegetables	5 (1) cups	5 (1) cups	5 (1) cups
^{1,2} Grains: Whole Grain-Rich or Enriched			⁷ Grains⁺ 80% WG-Rich	7-10 (1 oz eq)	8-10 (1 oz eq)	9-10 (1 oz eq)
Bread Product: (e.g., biscuit, roll, muffin)	0.5 oz eq		Nutrient Specifications: Daily Amount Based on Average 5-Day Week			
³ Cooked: Cereal, Cereal Grain, Pasta	0.5 oz eq		Min.-Max. Calories (kcal)	350-500	400-550	450-600
Ready-to-Eat Breakfast Cereal, Dry or Cold:			Saturated Fat % of total calories	<10	<10	<10
Flakes or Rounds	½ cup		Sodium Target (mg)	≤ 540	≤ 600	≤ 640
Puffed Cereal	¾ cup					
Granola	⅞ cup					

¹Pre-K: Grain-based desserts are not creditable toward the grains component.

²Pre-K: One whole-grain rich food item must be served each day across all meals. Meat/meat alternatives may be offered in place of the entire grains requirement up to 3 times per week.

³Pre-K: Breakfast cereals may have no more than 6 grams of added sugar per dry ounce.

⁴K-12: One choice of milk must be unflavored at each meal service. All milk may be whole, 2%, 1%, or skim.

⁵K-12: Flavored milk must contain no more than 10 grams of added sugars per 8 fluid ounces, or for flavored milk sold à la carte in middle and high schools, 15 grams of added sugars per 12 fluid ounces.

⁶K-12: Vegetables from at least two different vegetable subgroups must be offered when substituting vegetables for fruits at breakfast on two or more days per school week.

⁷K-12: Minimum creditable serving is 0.25 oz. eq. school may offer grains, meats/meat alternates, or a combination of both to meet the daily and weekly ounce equivalents for this combined component. At least 80 percent of grains offered weekly at breakfast must be whole grain-rich as defined in 7 C.F.R. § 210.2.

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