

# 3-Day Meal Pattern for SBP

## School Breakfast Program

Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily</li> <li>Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> <li>Students must have all items on tray at POS</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily</li> <li>Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12	
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor. Fat-free flavored, fat-free plain, 1% plain.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
<b>Fruit/Juice/Vegetable</b> Juice must be 100% full-strength. No more than half weekly offering may be juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
<b>Whole Grain-Rich Grains</b> Daily and weekly minimums must be met. Not required to meet weekly maximum. All grains offered must be whole grain-rich.	1 oz eq (daily)  4-6 oz eq (weekly)	1 oz eq (daily)  5-6 oz eq (weekly)	1 oz eq (daily)  5-6 oz eq (weekly)	1 oz eq (daily)  5.5-6 oz eq (weekly)	1 oz eq (daily)  5.5-6 oz eq (weekly)	
Optional						
<b>Meat/Meat Alternate</b> No daily or weekly requirement. Item counts toward weekly grain requirement when at least 1 oz eq grain is served.	0	0	0	0	0	
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Sodium (mg) Weekly Average	≤485	≤535	≤485	≤570	≤535	
Saturated Fat (% of total calories) Weekly Average	≤10					
Trans Fat Daily	0g/serving					

# 4-Day Meal Pattern for SBP

## School Breakfast Program

Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily</li> <li>Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> <li>Students must have all items on tray at POS</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily</li> <li>Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12	
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor. Fat-free flavored, fat-free plain, 1% plain.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
<b>Fruit/Juice/Vegetable</b> Juice must be 100% full-strength. No more than half weekly offering may be juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
<b>Whole Grain-Rich Grains</b> Daily and weekly minimums must be met. Not required to meet weekly maximum. All grains offered must be whole grain-rich.	1 oz eq (daily)  5.5-8 oz eq (weekly)	1 oz eq (daily)  6.5-8 oz eq (weekly)	1 oz eq (daily)  6.5-8 oz eq (weekly)	1 oz eq (daily)  7-8 oz eq (weekly)	1 oz eq (daily)  7-8 oz eq (weekly)	
Optional						
<b>Meat/Meat Alternate</b> No daily or weekly requirement. Item counts toward weekly grain requirement when at least 1 oz eq grain is served.	0	0	0	0	0	
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Sodium (mg) Weekly Average	≤485	≤535	≤485	≤570	≤535	
Saturated Fat (% of total calories) Weekly Average	≤10					
Trans Fat Daily	0g/serving					

# 5-Day Meal Pattern for SBP

## School Breakfast Program

Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily</li> <li>Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> <li>Students must have all items on tray at POS</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily</li> <li>Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12	
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor. Fat-free flavored, fat-free plain, 1% plain.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
<b>Fruit/Juice/Vegetable</b> Juice must be 100% full-strength. No more than half weekly offering may be juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
<b>Whole Grain-Rich Grains</b> Daily and weekly minimums must be met. Not required to meet weekly maximum. All grains offered must be whole grain-rich.	1 oz eq (daily) 7-10 oz eq (weekly)	1 oz eq (daily) 8-10 oz eq (weekly)	1 oz eq (daily) 8-10 oz eq (weekly)	1 oz eq (daily) 9-10 oz eq (weekly)	1 oz eq (daily) 9-10 oz eq (weekly)	
Optional						
<b>Meat/Meat Alternate</b> No daily or weekly requirement. Item counts toward weekly grain requirement when at least 1 oz eq grain is served.	0	0	0	0	0	
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Sodium (mg) Weekly Average	≤485	≤535	≤485	≤570	≤535	
Saturated Fat (% of total calories) Weekly Average	≤10					
Trans Fat Daily	0g/serving					

# 6-Day Meal Pattern for SBP

## School Breakfast Program

Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily</li> <li>Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> <li>Students must have all items on tray at POS</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily</li> <li>Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12	
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor. Fat-free flavored, fat-free plain, 1% plain.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
<b>Fruit/Juice/Vegetable</b> Juice must be 100% full-strength. No more than half weekly offering may be juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
<b>Whole Grain-Rich Grains</b> Daily and weekly minimums must be met. Not required to meet weekly maximum. All grains offered must be whole grain-rich.	1 oz eq (daily) 8.5-12 oz eq (weekly)	1 oz eq (daily) 9.5-12 oz eq (weekly)	1 oz eq (daily) 9.5-12 oz eq (weekly)	1 oz eq (daily) 11-12 oz eq (weekly)	1 oz eq (daily) 11-12 oz eq (weekly)	
Optional						
<b>Meat/Meat Alternate</b> No daily or weekly requirement. Item counts toward weekly grain requirement when at least 1 oz eq grain is served.	0	0	0	0	0	
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Sodium (mg) Weekly Average	≤485	≤535	≤485	≤570	≤535	
Saturated Fat (% of total calories) Weekly Average	≤10					
Trans Fat Daily	0g/serving					

# 7-Day Meal Pattern for SBP

## School Breakfast Program

Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> <li>Minimum 3 items daily</li> <li>Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain</li> <li>Students must have all items on tray at POS</li> </ul>		<ul style="list-style-type: none"> <li>Minimum 4 items daily</li> <li>Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate)</li> <li>Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable</li> </ul>				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12	
<b>Fluid milk</b> Must offer two varieties in fat content and/or flavor. Fat-free flavored, fat-free plain, 1 % plain.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
<b>Fruit/Juice/Vegetable</b> Juice must be 100% full-strength. No more than half weekly offering may be juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
<b>Whole Grain-Rich Grains</b> Daily and weekly minimums must be met. Not required to meet weekly maximum. All grains offered must be whole grain-rich.	1 oz eq (daily)  10-14 oz eq (weekly)	1 oz eq (daily)  11-14 oz eq (weekly)	1 oz eq (daily)  11-14 oz eq (weekly)	1 oz eq (daily)  12.5-14 oz eq (weekly)	1 oz eq (daily)  12.5-14 oz eq (weekly)	
Optional						
<b>Meat/Meat Alternate</b> No daily or weekly requirement. Item counts toward weekly grain requirement when at least 1 oz eq grain is served.	0	0	0	0	0	
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Sodium (mg) Weekly Average	≤485	≤535	≤485	≤570	≤535	
Saturated Fat (% of total calories) Weekly Average	≤10					
Trans Fat Daily	0g/serving					