

# School Breakfast Program (SBP)

## Quick Guide



**Age/Grade Groups:** K-5, 6-8, K-8 and 9-12

**Components:** The following three meal components must be offered with every breakfast meal.

### Grains and/or Meat and Meat Alternates

- Credit by weight (ounce equivalents)
- Daily and weekly minimums vary by grade groups

	K-5	K-8	6-8	9-12	K-12
<b>Daily minimums</b>	1 oz eq	1 oz eq	1 oz eq	1 oz eq	1 oz eq
<b>Weekly minimums</b>	7 oz eq	8 oz eq	8 oz eq	9 oz eq	9 oz eq

- Schools may offer grains, meat/meat alternates or a combination of both.
- Crediting is determined by comparing the weight of the food product to those listed in [Exhibit A](#) or calculating grams of creditable grains in a recipe. Refer to the USDA [Food Buying Guide](#) for information.
- At least 80% of grains offered must be whole grain-rich.

### Fruit

- Credit by volume (cups).
- 1 cup must be offered daily.
- Creditable forms of fruit include fresh, frozen without sugar, canned in water, light syrup or juice, dried, and pasteurized, 100% juice.
  - Dried fruit credits as twice the volume served (e.g. ¼ cup of raisins credits as ½ cup of fruit).
  - No more than half of weekly fruit offerings can be in the form of juice.
- Vegetables can be substituted for fruit. If substituting for fruit two or more days in a week, at least two different vegetable subgroups must be offered.

### Milk

- The minimum serving size is 8 ounces.
- At least two varieties of low-fat or fat-free milk must be offered.
- Flavored and/or unflavored may be offered.
- Water and juice may not be substituted for milk.
- Non-dairy milk may not be substituted without proper documentation.

### Dietary Specifications for School Year 2026

Weekly Calorie Ranges:

K-5: 350 - 500 kcal  
K-8: 400-500 kcal  
6-8: 400 - 550 kcal  
9-12: 450 - 600 kcal  
K-12: 450-500 Kcal

*Weekly Target 1 Sodium Limit:*

K-5: ≤ 540 mg  
K-8: ≤ 540 mg  
6-8: ≤ 600 mg  
9-12: ≤ 640 mg  
K-12: ≤ 540 mg

Saturated Fat Limit: < 10% of total calories.

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#### Added Sugar:

Breakfast cereals: No more than 6 grams of added sugar per dry ounce

Yogurt: No more than 12 grams added sugar per 6 ounces

Flavored milk: No more than 10 grams of added sugar per 8 fluid ounces

#### Menu Planning

- All meals must offer the daily and weekly minimum amounts for all 3 required food components (grains and MMA, fruit, and milk).
- All foods and condiments that students have access to as part of a reimbursable meal must be included in the weekly averages for dietary specifications.
- The menu planner must be able to document compliance with the meal pattern using standardized recipes, the Food Buying Guide and/or Child Nutrition (CN) labels (if available), and/or manufacturer's product formulation statements.

#### Offer versus Serve (OVS)

- Students must be *offered* a minimum of 4 food items from the 3 required food components in portions planned to meet the daily minimum quantities for each age/grade group.
- For a reimbursable meal, the student must *select* at least 3 items including a ½ cup of fruit (or vegetable substitution)
- All students must select at least a ½ cup fruit, vegetable, or a combination of fruits and vegetables with a reimbursable meal.
- Items with more than 1 ounce equivalent of grain or meat/meat alternate may count as more than 1 item. For example, a 2-ounce bagel or a breakfast sandwich (grain and meat/meat alternate) credit as 2 grain items.

#### Other Requirements

- Plain potable water must be available at no charge to students during breakfast service. Often this requirement is met by allowing students access to a nearby water fountain, or cups and a portable container of water is put in the cafeteria during meal service.
- Meal Signage – Schools must identify all foods that are part of a reimbursable meal near or at the beginning of all serving lines.

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