

2026-2027 Breakfast Meal Pattern

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fruits (cups) ^{a b d}	Weekly: 5 cups Daily: 1 cup	Weekly: 5 cups Daily: 1 cup	Weekly: 5 cups Daily: 1 cup	Weekly: 5 cups Daily: 1 cup	Weekly: 5 cups Daily: 1 cup
Vegetables (cups) ^a _{b c d e}	Not required	Not required	Not required	Not required	Not required
Grains or Meats/Meat Alternates (oz eq) ^f _{g h}	Weekly: ≥7oz eq Daily: 1 oz eq	Weekly: ≥8oz eq Daily: 1 oz eq	Weekly: ≥8oz eq Daily: 1 oz eq	Weekly: ≥9oz eq Daily: 1 oz eq	Weekly: ≥9oz eq Daily: 1 oz eq
Fluid milk (cups) ^{i j}	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

Min-max calories (kcal) ^{k l}	350-500	400-550	400-500	450-600	450-500
Saturated fat (% of total calories) ^l	<10	<10	<10	<10	<10
Sodium Target 1 (mg) ^{l m}	≤540	≤600	≤540	≤640	≤540
Added Sugars ⁿ	Product-based limits	Product-based limits	Product-based limits	Product-based limits	Product-based limits

- a. Minimum creditable serving for fruits and vegetables is 1/8 cup.
- b. Dried fruit credits double their volume (e.g. 1/4 cup of dried fruit credits as 1/2 cup of fruit). No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100 percent full-strength juice.
- c. Leafy green vegetables credit half the volume served (e.g. 1 cup of leafy greens credits as 1/2 cup of vegetables).
- d. Schools must offer 1 cup of fruit and/or vegetables daily and 5 cups of fruit and/or vegetables weekly.
- e. School food authorities (SFA) that offer vegetables at breakfast once a week may offer vegetables from any subgroup and schools that offer vegetables two or more days per week are required to offer vegetables from at least two different subgroups.
- f. Minimum creditable serving for grains and meat/meat alternates is 0.25-ounce equivalents (oz eq).
- g. At least 80 percent of grains offered over the week must be whole grain-rich. Schools that choose to offer a mix of grains and M/MA at breakfast will calculate the required whole grain-rich offerings based on the total amount of grains offered at breakfast during the week, by oz eq.
- h. Schools must offer 1.0 oz eq of grains, M/MA, or combination daily.
- i. Offer at least two milk varieties; one must be unflavored. Allowable types are non-fat (skim) or low-fat (1 percent), reduced-fat (2 percent), whole; flavored or unflavored; lactose-reduced or lactose-free.
- j. Fluid milk is excluded from the weekly limit for saturated fat.
- k. The average daily calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).
- l. Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, and sodium.
- m. Sodium Target 1 (shown) is effective through June 30, 2027.
- n. Product-based added sugar limits: **Breakfast Cereals:** no more than 6 grams of added sugar per dry ounce. **Yogurt:** No more than 12 grams of added sugar per 6 ounces. **Flavored Milk:** No more than 10 grams of added sugar per 8 fluid ounces (1 cup). Beginning July 1, 2027, added sugar will need to be limited to less than 10 percent of calories weekly.