

# School Breakfast Program (SBP)

## Five-day Breakfast Meal Patterns for Grades K-5, 6-8, and 9-12

**School Year 2024-25 (July 1, 2024, through June 30, 2025)**

Meal components <sup>1</sup>	Grades K-5 Daily	Grades K-5 Weekly	Grades 6-8 Daily	Grades 6-8 Weekly	Grades 9-12 Daily	Grades 9-12 Weekly
<b>Milk, fluid, cups</b> <sup>2</sup> Low-fat (1%) or fat-free milk, unflavored or flavored	1	5	1	5	1	5
<b>Fruits, cups</b> <sup>3</sup> Vegetables may substitute for fruits <sup>4</sup> Juice: ≤ half of weekly fruits/vegetable substitutions <sup>5</sup>	1	5	1	5	1	5
<b>Grains <sup>6</sup>, meats/meat alternates (MMA) <sup>7</sup>, or both, ounce equivalents (oz eq) <sup>8</sup></b> Grains must be whole grain- rich (WGR) (≥ 80 percent) or enriched (≤ 20 percent) <sup>9</sup>	1	7-10	1	8-10	1	9-10

### **Dietary specifications (nutrition standards):**

Daily amount based on the average for a five-day week

Nutrition standards	Grades K-5	Grades 6-8	Grades 9-12
Calories <sup>10</sup>	350-500	400-550	450-600
Saturated fat (percentage of total calories)	< 10	< 10	< 10
Sodium (milligrams): Target 1 through June 30, 2027	≤ 540	≤ 600	≤ 640

◀ Refer to pages 2-3 for important menu planning notes ▶

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## Menu planning notes

- <sup>1</sup> Breakfasts must include the minimum daily and weekly servings of the three meal components and may include larger amounts if the weekly menu meets the dietary specifications. Use the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine how foods credit and the amount that provides the required meal pattern serving. Processed foods not listed in the FBG require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. For information on crediting documentation, refer to the Connecticut State Department of Education's (CSDE) resources, [Using Child Nutrition \(CN\) Labels in the School Nutrition Programs](#), [Using Product Formulation Statements in the School Nutrition Programs](#), and [Accepting Processed Product Documentation in the School Nutrition Programs](#). Foods made from scratch must have a standardized recipe that documents crediting information. For more information on crediting documentation, visit the "Crediting Commercial Processed Products" section and "Crediting Foods Made from Scratch" section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage. The CSDE's training program, [What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#), provides comprehensive guidance on meeting the SBP meal pattern and crediting requirements.
- <sup>2</sup> Allowable types of milk include low-fat (1%) and fat-free milk, either unflavored or flavored. At least two different varieties must be offered and at least one milk choice must be unflavored. For more information, visit the "Milk Component for Grades K-12" section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.
- <sup>3</sup> The fruits component includes fresh, frozen, and dried fruits, canned fruit in juice, water, or light syrup, and pasteurized 100 percent full-strength fruit juice. Fruits credit based on volume (cups), except dried fruits credit as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of the fruits component. For more information, visit the "Fruits Component for Grades K-12" section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.
- <sup>4</sup> Vegetables from any of the five vegetable subgroups (dark green, red/orange, beans, peas, and lentils, starchy, and other) may substitute for fruits. School food authorities (SFAs) that choose to offer vegetable substitutions on one day per week may offer any vegetable, including a starchy vegetable. SFAs that choose to offer vegetable substitutions on two or more days per week must offer vegetables from at least two different subgroups. The vegetables component includes fresh, frozen, canned, and rehydrated dried vegetables, and pasteurized 100 percent full-strength vegetable juice. Vegetables credit based on volume (cups), except raw leafy greens credit as half the volume served, e.g., 1 cup of lettuce or spinach credits as ½ cup of the vegetables component. A serving of canned vegetables must be drained. Dried vegetables (such as potato flakes and dried soup mix) credit based on their rehydrated volume and require a PFS. For more information, refer to the CSDE's [Vegetable Subgroups in the National School Lunch Program](#) and visit the "Vegetables Component for Grades K-12" section of the CSDE's [Crediting Foods in School Nutrition Programs](#) webpage.
- <sup>5</sup> Fruit/vegetable juices must be pasteurized 100 percent full-strength juice. The total offered weekly amount cannot exceed half of the weekly offerings of fruits (including vegetable substitutions). For example, if the weekly breakfast menu offers 5 cups of fruits/vegetables, the weekly amount of juice cannot exceed 2½ cups. The juice limit includes 100 percent juice, frozen pops made from 100 percent juice, pureed fruits/vegetables in smoothies, and juice from canned fruit if the menu planner credits the juice toward the fruits component. For more information, refer to the CSDE's [Crediting Juice in the Meal Patterns for Grades K-12 in the School Nutrition Programs](#) and [Crediting Smoothies for Grades K-12 in the School Nutrition Programs](#). The USDA recommends serving whole fruits instead of juice.
- <sup>6</sup> Grain products and recipes must provide the required serving weight (groups A-E) or volume (groups H-I) in the USDA's Exhibit A chart (refer to the CSDE's [Grain Ounce Equivalents for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#) and [How to Use the Grain Ounce Equivalents Chart for the National School Lunch Program and School Breakfast Program](#)) or provide the minimum creditable grains

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(refer to the CSDE's [Calculation Methods for Grain Ounce Equivalents for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#) and [When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs](#)). For more information, visit the "Grains Component for Grades K-12" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

- <sup>7</sup> The serving size of MMA refers to the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. A 1-oz eq serving equals 1 ounce of lean meat, poultry, or fish; 1 ounce of cheese (low-fat recommended); 2 ounces of cottage or ricotta cheese (low-fat recommended); ¼ cup of beans/peas/lentils (refer to the CSDE's [Crediting Beans, Peas, and Lentils in the School Nutrition Programs](#)); ½ large egg; 2 tablespoons of nut/seed butters (refer to the CSDE's [Crediting Nuts and Seeds in the School Nutrition Programs](#)); 1 ounce of nuts/seeds, e.g., almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, pumpkin seeds, sunflower seeds, and soy nuts; ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein (refer to the CSDE's [Crediting Tofu and Tofu Products in the School Nutrition Programs](#)); 1 ounce of tempeh; 3 ounces of surimi; ½ cup of yogurt or soy yogurt (refer to the CSDE's [Crediting Yogurt in the Meal Patterns for Grades K-12 in the School Nutrition Programs](#)); and 1 ounce of alternate protein products (APPs) that meet the USDA requirements in [appendix A of 7 CFR 210](#) (refer to the CSDE's [Requirements for Alternate Protein Products in the School Nutrition Programs](#)). Commercial processed products that contain added ingredients (such as combination entrees, deli meats, hot dogs, and sausages) require a CN label or PFS to document crediting information (refer to the CSDE's [Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs](#) and [Crediting Deli Meats in the School Nutrition Programs](#)). For more information, visit the "Meats/Meat Alternates Component for Grades K-12" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.
- <sup>8</sup> SFAs may offer any combination of grains, MMA, or both. The weekly grains/MMA must be at least the minimum but may exceed the maximum. The maximum provides a guide for planning meals that meet the dietary specifications.
- <sup>9</sup> At least 80 percent of the weekly offered grains must be WGR (refer to the CSDE's [Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the National School Lunch Program and School Breakfast Program](#)). Foods in groups A-H of the USDA's Exhibit A chart are WGR if: 1) they are 100 percent whole grain or contain a blend of whole and enriched grains that is at least 50 percent whole grain; and 2) noncreditable grains do not exceed 3.99 grams per portion for groups A-G or 6.99 grams per portion for group H (refer to the CSDE's [Guide to Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#)). RTE breakfast cereals (group I) are WGR if: 1) the first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; and 2) noncreditable grains do not exceed 6.99 grams per portion (refer to the CSDE's [Crediting Breakfast Cereals in the Meal Patterns for Grades K-12 in the School Nutrition Programs](#)). RTE breakfast cereals that are not WGR must be enriched or fortified and cannot exceed 6.99 grams of noncreditable grains per portion. Fortification is not required for 100 whole-grain RTE cereals. Grains that are not WGR must be enriched (refer to the CSDE's [Crediting Enriched Grains in the School Nutrition Programs](#)).
- <sup>10</sup> The weekly breakfast menu's average daily calories must be at least the minimum but cannot exceed the maximum. For more information on the dietary specifications, refer to section 6 of the CSDE's [Menu Planning Guide for Grades K-12 in the National School Lunch Program and School Breakfast Program](#) and visit the "Dietary Specifications (Nutrition Standards for School Meals)" section of the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage.

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For more information on the SBP meal patterns, refer to the CSDE's [Menu Planning Guide for Grades K-12 in the National School Lunch Program and School Breakfast Program](#) and [Resources for the School Meal Patterns for Grades K-12](#) and visit the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) and [Crediting Foods in School Nutrition Programs](#) webpages, or contact the [school nutrition programs staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at [https://portal.ct.gov/-/media/sde/nutrition/sbp/mealpattern/sbp\\_meal\\_pattern\\_5day.pdf](https://portal.ct.gov/-/media/sde/nutrition/sbp/mealpattern/sbp_meal_pattern_5day.pdf).

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