

## School Breakfast Program Meal Pattern beginning July 1, 2024

Meal Components	Grades K-5	Grades K-8	Grades 6-8	Grades 9-12
	Amount of food <sup>1</sup> per week (minimum per day)			
Fruits (cups) <sup>2,3</sup>	5 (1)	5 (1)	5 (1)	5 (1)
Vegetables (cups) <sup>2,3</sup>	0	0	0	0
Dark Green Subgroup	0	0	0	0
Red/Orange Subgroup	0	0	0	0
Beans, Peas, and Lentils Subgroup	0	0	0	0
Starchy Subgroup	0	0	0	0
Other Vegetables Subgroup	0	0	0	0
Grains or Meats/Meat Alternates (oz. eq.) <sup>4</sup>	7 (1)	8 (1)	8 (1)	9 (1)
Fluid Milk (cups) <sup>5</sup>	5 (1)	5 (1)	5 (1)	5 (1)
<b>Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week<sup>6</sup></b>				
Minimum-Maximum Calories (kcal)	350-500	400-500	400-550	450-600
Saturated Fat (% of total calories)	<10	<10	<10	<10
Added Sugars <sup>6</sup> (% of total calories)	<10	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤540 mg	≤540 mg	≤600 mg	≤640 mg
Sodium Limit: Must be implemented by July 1, 2027	≤485 mg	≤485 mg	≤535 mg	≤570 mg

<sup>1</sup> Schools must offer the meal components and quantities shown in the table for a reimbursable meal.

<sup>2</sup> Minimum creditable serving is  $\frac{1}{8}$  cup. One-quarter cup of dried fruit counts as  $\frac{1}{2}$  cup of fruit; 1 cup of leafy greens counts as  $\frac{1}{2}$  cup of vegetables. No more than half of the fruit/vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

<sup>3</sup> Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Schools may substitute vegetables for fruit at breakfast as described in [7 CFR 220.8\(c\)\(2\)\(i\)](#) and [\(ii\)](#). Note that for SY 24-25, Congress has allowed any vegetable to be offered in place of fruits (no subgroup requirements).

<sup>4</sup> 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% of grains offered weekly at breakfast must be whole grain-rich as defined in [7 CFR 210.2](#), and the remaining grain items offered must be enriched. See [Exhibit A](#) for grain information.

<sup>5</sup> Minimum creditable serving is 8 fluid ounces. All fluid milk must be fat-free (skim) or low-fat (1% fat or less) and must meet the requirements in [7 CFR 220.8\(d\)](#).

<sup>6</sup> By July 1, 2027, schools must meet the dietary specification for added sugars. Schools must meet the sodium limits by the dates specified in this chart. Discretionary sources of calories may be added to the meal pattern if within the dietary specifications.

## National School Lunch Program Meal Pattern beginning July 1, 2024

Meal Components	Grades K-5	Grades K-8	Grades 6-8	Grades 9-12
	Amount of food <sup>1</sup> per week (minimum per day)			
Fruits (cups) <sup>2</sup>	2 ½ ( ½ )	2 ½ ( ½ )	2 ½ ( ½ )	5 (1)
Vegetables (cups) <sup>2</sup>	3 ¼ ( ¾ )	3 ¾ ( ¾ )	3 ¾ ( ¾ )	5 (1)
Dark Green Subgroup <sup>3</sup>	½	½	½	½
Red/Orange Subgroup <sup>3</sup>	¾	¾	¾	1 ¼
Beans, Peas, and Lentils Subgroup <sup>3</sup>	½	½	½	½
Starchy Subgroup <sup>3</sup>	½	½	½	½
Other Vegetables Subgroup <sup>3,4</sup>	½	½	½	¾
Additional Vegetables from any subgroup to reach total	1	1	1	1 ½
Grains (oz. eq.) <sup>5</sup>	8 (1)	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (oz. eq.) <sup>6</sup>	8 (1)	9 (1)	9 (1)	10 (2)
Fluid Milk (cups) <sup>7</sup>	5 (1)	5 (1)	5 (1)	5 (1)
<b>Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week<sup>8</sup></b>				
Minimum-Maximum Calories (kcal)	550-650	600-650	600-700	750-850
Saturated Fat (% of total calories)	<10	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤1,110 mg	≤1,110 mg	≤1,225 mg	≤1,280 mg
Sodium Limit: Must be implemented by July 1, 2027	≤935 mg	≤935 mg	≤1,035 mg	≤1,080 mg

<sup>1</sup> Schools must offer the meal components and quantities shown in the table for a reimbursable meal.

<sup>2</sup> Minimum creditable serving is ½ cup. One-quarter cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

<sup>3</sup> Larger amounts of these vegetables may be served.

<sup>4</sup> This subgroup consists of “Other vegetables” as defined in [7 CFR 210.10\(c\)\(2\)\(ii\)\(E\)](#). For the purposes of the NSLP, the “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and bean, peas, and lentils vegetable subgroups as defined in [7 CFR 210.10\(c\)\(2\)\(ii\)](#).

<sup>5</sup> Minimum creditable serving is 0.25 oz. eq. At least 80% of grains offered weekly (by ounce equivalents) must be whole grain-rich as defined in [7 CFR 210.2](#), and the remaining grains items offered must be enriched. See [Exhibit A](#) for grain information.

<sup>6</sup> Minimum creditable serving is 0.25 oz. eq.

<sup>7</sup> Minimum creditable serving is 8 fluid ounces. All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less) and must meet the requirements in [7 CFR 210.10\(d\)](#).

<sup>8</sup> By July 1, 2027, schools must meet the dietary specification for added sugars. Schools must meet the sodium limits by the dates specified in this chart. Discretionary sources of calories may be added to the meal pattern if within the dietary specifications.