

SBP Meal Pattern - 5 Day

School Breakfast Program

Serve Only

- Minimum 3 items served daily
- Must prepare each of 3 required items in required amounts:
 - **Milk, Fruit/Vegetable, Grain**
- Students must have all items on tray at POS

Offer vs. Serve (OVS)

- Minimum 4 items offered daily
- Must prepare each of 3 required items plus an additional item:
 - **Milk, Fruit/Vegetable, Grain/Meat/Meat Alternate, and 1 additional item**
 - At POS: Must take at least 3 items, 1 item must be ½ cup Fruit or vegetable.

Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12	Additional Information
Milk Must offer two varieties and one variety must be unflavored.	5 cups/wk 1 cup daily	5 cups/wk 1 cup daily	5 cups/wk 1 cup daily	Allowable varieties include flavored or unflavored fat-free/skim, low-fat/1 %, 2%, or whole milk. Flavored milk added sugar limits: ≤ 10 grams added sugars per 8 fl oz or; grade 6-12 a la carte limit is 15 grams per 12 fl oz.
Fruits / Vegetable / Juice No more than half weekly offering may be juice.	5 cups/wk 1 cup daily	5 cups/wk 1 cup daily	5 cups/wk 1 cup daily	Only 100% fruit juice is allowed.
Grains / Meat / Meat Alternate May offer either grains, meats/meat alternates, or a combination of both to meet the ounce equivalent minimum.	7-10 oz eq/wk* 1 oz daily min	8-10 oz eq/wk* 1 oz daily min	9-10 oz eq/wk* 1 oz daily min	At least 80% of grain items offered must be whole grain rich (WGR). Breakfast cereal added sugar limit: ≤ 6 grams per dry oz. Yogurt added sugar limit: ≤ 12 grams per 6 oz(2 g/oz).
Min. – Max. Calories (kcal)	350 – 500	400 – 550	450 - 600	Weekly Average
Saturated Fat (% of total calories)	<10%	<10%	<10%	Weekly Average
Sodium Target (1A)	≤ 540 mg	≤ 600 mg	≤ 640 mg	Weekly Average **Sodium Target for NSLP SY2027-28
Trans Fat	0 grams	0 grams	0 grams	Serving Limit

*Serving below the maximum aligns with dietary specifications but is not required.**Sodium target, in effect beginning July 1, 2027, reduced by approximately 10% for breakfast.

***Limiting added sugars to less than 10% of calories across the week, in effect beginning July 1, 2027.

This institution is an equal opportunity provider.

