

# 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  $\frac{1}{2}$  cup Fruit or vegetable.

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

This institution is an equal opportunity provider.

Last revised by MT OPI SNP- 07/2025

