

2013-2014 School Breakfast Meal Pattern

Food Item	K-5	6-8	9-12	K-12
	Amount of food per week (minimum per day)			
Fruit Juice or Vegetable, cup	2 1/2 (1/2)	2 1/2 (1/2)	2 1/2 (1/2)	2 1/2 (1/2)
Grain, oz. eq. *	7-10 (1)	8-10 (1)	9-10 (1)	9-10 (1)
Milk, cup	5 (1)	5 (1)	5 (1)	5 (1)
M/MA, oz. ** (optional)	Count as second grain component after 1 oz. eq grain offered or EXTRA	Count as second grain component after 1 oz. eq grain offered or EXTRA	Count as second grain component after 1 oz. eq grain offered or EXTRA	Count as second grain component after 1 oz. eq grain offered or EXTRA

- Half of grains must be whole grain-rich
- Weekly and Daily Grain minimums must be met
- Grain maximums don't apply to 2013-2014 school year
- Cannot serve only 2 M/MA; one grain must be offered
- Need a variety of milk offered at breakfast
- Must complete menu and production records
- If offer 3 components, students must take it all
- Must offer 4 components to implement OVS
- Students can take double servings of grain and fruit
- Send out breakfast notification beginning of school year

WEEKLY CALORIE RANGES (Average of five days)

K-5	6-8	9-12	K-12
350-500	400-550	450-600	450-500