

## Breakfast Meal Pattern

Meal Pattern	Amount of Food Per Week (Minimum per day)		
	Grades K - 5	Grades 6 – 8	Grades 9 - 12
5-day Week			
Fruit (cup)	5 (1)	5 (1)	5 (1)
Grains (oz. eq.)	7-10 (1)	8-10 (1)	9-10 (1)
Fluid Milk (cup)	5 (1)	5 (1)	5(1)
4-day Week			
Fruit (cup)	4 (1)	4 (1)	4 (1)
Grains (oz. eq.)	5.5-8 (1)	6.5-8 (1)	7-8 (1)
Fluid Milk (cup)	4 (1)	4 (1)	4 (1)
<b>Nutrient Standards</b>	<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
Calories	350-500	400-550	450-600
Saturated Fat	<10%	<10%	<10%
Sodium (mg.)	≤ 540	≤600	≤640

### Fruit

The reimbursable meal selected by the student under offer vs. serve must include at least ½ cup of fruit (or substitute vegetable), or ½ cup of juice. The total weekly fruit and/or vegetable juice offerings may not exceed one-half of the total fruits (or vegetables, if substituted for fruits) offered over the week.

### Vegetables

Vegetables may be substituted for fruits, however, at least 2 cups of the red/orange, dark green, legumes, or “other” vegetable subgroups must be offered over the course of the week. Vegetables may be included as an “extra” (*will not* be counted towards the component contribution nor counted for offer vs. serve; *will* be included in the nutrient analysis).

### Grains

All grains offered must be whole grain-rich products that conform to FNS guidance at <http://www.fns.usda.gov/tn/whole-grain-resource>.

### Meat/Meat Alternate

There is no separate meat/meat alternate component in the School Breakfast Program. SFAs may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met. Meat/meat alternates may be included as an “extra” (*will not* be counted towards the component contribution nor counted for offer vs. serve; *will* be included in the nutrient analysis).

### Milk

Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

# The National School Lunch Program

## Meal Pattern



**COLORADO**  
Department of Education

## Lunch Meal Pattern

Meal Pattern	Amount of Food Per Week (Minimum per day)			
	5-day Week	Grades K - 5	Grades 6 - 8	Grades 9 - 12
<b>Fruit (cup)</b>		2 ½ (½)	2 ½ (½)	5 (1)
<b>Vegetables (cup)</b>		3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark green		½	½	½
Red/Orange		¾	¾	1 ¼
Beans/Peas (Legumes)		½	½	½
Starchy		½	½	½
Other		½	½	¾
Additional to reach total		1	1	1 ½
<b>Grains (oz. eq)</b>		8-9 (1)	8-10 (1)	10-12 (2)
<b>Meat/Meat Alternate (oz. eq)</b>		8-10 (1)	9-10 (1)	10-12 (2)
<b>Fluid Milk (cup)</b>		5 (1)	5 (1)	5(1)
<b>Nutrient Standards</b>		<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
<b>Calories</b>		550-650	600-700	750-850
<b>Saturated Fat</b>		<10%	<10%	<10%
<b>Sodium (mg.)</b>		≤1,230	≤1,360	≤1,420

### Fruit

The reimbursable meal selected by the student under offer vs. serve must include at least ½ cup of fruit and/or vegetable. All juice must be 100% full-strength. The total weekly fruit/vegetable juice offerings may not exceed one-half of the total fruits/vegetables offered over the week. Minimum creditable serving is 1/8 cup. One quarter-cup of dried fruit counts as ½ cup of fruit.

### Vegetables

Minimum creditable serving is 1/8 cup. One cup of leafy greens counts as ½ cup of vegetables. The *Other* vegetable requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) subgroups. Any vegetable subgroup may be offered to meet the *Additional* total weekly vegetable requirement.

### Grains

All grains offered must be whole grain-rich products that conform to FNS guidance at <http://www.fns.usda.gov/tn/whole-grain-resource>.

### Meat/Meat Alternate

Must use the Food Buying Guide, CN label, or product formulation statement to determine ounce equivalents.

### Milk

Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).