

School Breakfast Program (SBP) Meal Pattern 2014–2015 School Year

	Grades K–12	Grades K–5	Grades K–8	Grades 6–8	Grades 6–12	Grades 9–12
Meal Pattern	Minimum Amount of Food^a Per Week (Minimum Per Day)					
Fruits (cups) ^b	5 cups per week (1)					
Vegetables (cups) ^b	0	0	0	0	0	0
Grains (oz eq) ^d	9 (1)*	7 (1)*	8 (1)*	8 (1)*	9 (1)*	9 (1)*
Meats/Meat Alternates (oz eq) ^e						
Fluid Milk (cups) ^f	5 (1)					
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-Max calories (kcal) ^{g,h}	450–500	350–500	400–500	400–550	450–550	450–600
Saturated fat (% of calories) ^h	<10% of calories					
Sodium Target 1 (mg) ^{h,i 2014-15}	≤ 540 mg	≤ 540 mg	≤ 540 mg	≤ 600 mg	≤ 600 mg	≤ 640 mg
Sodium, Reference Only Target 2 (mg) ^{h,i 2017-18}	≤ 485 mg	≤ 485 mg	≤ 485 mg	≤ 535 mg	≤ 535 mg	≤ 570 mg
<i>Trans</i> fat ^h	Nutrition label or manufacturer specifications must indicate zero grams of trans fat (< 0.5 grams) per serving.					

*U.S. Department of Agriculture has lifted the **weekly maximums** for grains. The **daily and weekly minimums** for grains and the **weekly calorie ranges** still apply.

New Food-Based Menu Planning for Breakfast 2014–2015 School Year

^a Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.

^b One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. All juice must be 100% full-strength. Frozen 100% juice without added sugar can be used.

^d Beginning July 1, 2013 (SY 2013-14), at least half of grains offered must be whole grain-rich. By July 1, 2014 (SY 2014--15) all grains must be whole grain-rich. Schools 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 offered as additional food items that do not count toward the grain component or as food items for OVS. These additional food items need to be included in the weekly calories, sodium, and saturated fat.

^e There is no meat/meat alternate requirement.

^f Beginning July 1, 2012 (SY 2012-13) all fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat- free (unflavored or flavored).

^g Beginning July 1, 2013 (SY 2013-14), the average daily calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

^h Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

ⁱ Final sodium targets must be met no later than July 1, 2022 (SY 2022-23). The first intermediate target must be met no later than SY 2014-2015 and the second intermediate target must be met no later than SY 2017-18. See required intermediate specifications in § 220.8(f)(3).

Note: For OVS, every student must take either ½ cup fruit (or substituted vegetable) or a combination of both effective SY 2014-15.

Timeline for School Breakfast Program Changes to USDA Nutrition Standards

Summary of SBP Changes Effective SY 2012-2013

- Offer only; and
 - Fat-free (flavored or unflavored); and
 - Low-fat (unflavored) milk.
- Saturated fat limit < 10% of calories.

Summary of SBP Changes Effective SY 2013-2014

- Offer weekly grains ranges;
- Half of grains must be whole grain-rich;
- Calorie ranges with minimum and maximum;
- Zero grams of trans fat per serving portion;
- Single food based menu planning approach;
- New age/grade groups;
 - K-5;
 - 6-8; and
 - 9-12.
- 3-year administrative review cycle; and
- State agencies conduct weighted nutrient analysis on 1 week of menus.

Summary of SBP Changes Effective SY 2014-2015

- Fruit quantity increases to 5 cups per week;
- Fruit quantity increases to 1 cup per day;
- All grains must be whole grain-rich;
- Target 1 for sodium becomes weekly limit; and
- Reimbursable meal must contain ½ cup fruit (or vegetable if using as substitution).

SBP Sodium Targets:

	Grades K–5 Sodium (mg)	Grades 6–8 Sodium (mg)	Grades 9–12 Sodium (mg)
Target 1: Required July 1, 2014 (SY 2014–2015)	≤ 540	≤ 600	≤ 640
Target 2: Required July 1, 2017 (SY 2017–2018)	≤ 485	≤ 535	≤ 570
Target 3: Required July 1, 2022 (SY 2022–2023)	≤ 430	≤ 470	≤ 500