

Chart 1A: School Breakfast Program (SBP)

	Grades K–5	Grades 6–8	Grades 9–12
Meal Components	Amount of Food ¹ Per Week (Minimum per day)		
Fruits (cups) ²	5 (1)	5 (1)	5 (1)
Vegetables (cups) ²	0	0	0
Dark Green Subgroup	0	0	0
Red/Orange Subgroup	0	0	0
Beans, Peas, and Lentils Subgroup	0	0	0
Starchy Subgroup	0	0	0
Other Vegetables Subgroup	0	0	0
Grains or Meats/Meat Alternates (oz eq) ³	7–10 (1)	8–10 (1)	9–10 (1)
Fluid Milk (cups) ⁴	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week ⁵			
Minimum–Maximum Calories (kcal)	350–500	400–550	450–600
Saturated Fat (% of total calories)	< 10	< 10	< 10
Added Sugars (% of total calories): In effect July 1, 2027	< 10	< 10	< 10
Sodium Limit: In effect through June 30, 2027	≤ 540 mg	≤ 600 mg	≤ 640 mg
Sodium Limit: In effect July 1, 2027	≤ 485 mg	≤ 535 mg	≤ 570 mg

1 Food items included in each group and subgroup and amount equivalents.

2 Minimum creditable serving is $\frac{1}{8}$ cup. Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Schools may substitute vegetables for fruit at breakfast.

3 Minimum creditable serving is 0.25 oz eq. School may offer grains, meats/meat alternates, or a combination of both to meet the daily and weekly ounce equivalents for this combined component. At least 80 percent of grains offered weekly at breakfast must meet the whole grain-rich criteria as defined in § 210.2, and the remaining grain items offered must be enriched.

4 Minimum creditable serving is 8 fluid ounces. All fluid milk must be fat-free (skim) or low-fat (1 percent fat).

5 Schools must meet the dietary specification for added sugars and sodium by the dates specified in this chart. Discretionary sources of calories may be added to the meal pattern if within the dietary specifications.