School Breakfast Program (SBP)

Four-day Breakfast Meal Pattern for Grades 9-12 [1]

School Year 2015-16 (Effective July 1, 2015)

Food Components	GRADES 9-12	
	Daily	Weekly [2]
Fluid Milk (cups) Low-fat (1%) unflavored or fat-free unflavored or flavored [3]	1	4
Fruits (cups) [4, 5] Juice (fruit and vegetable) cannot exceed half of the weekly fruits	1	4
Grains (ounce equivalents) [6, 7, 8] All grains must be whole grain-rich	1	7-8

DIETARY SPECIFICATIONS (NUTRITION STANDARDS) Daily Amount Based on the Average for a Four-day Week	
Calories [9, 10]	450-600
Saturated Fat (percentage of total calories) [10]	< 10
Sodium (milligrams) [11]	≤ 640
Trans Fat (grams) [10]	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving

◀ See page 2 for important menu planning notes ▶

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Four-day Breakfast Meal Pattern for Grades 9-12

School Year 2015-16 (Effective July 1, 2015)

[1] The meal pattern shows the required amounts of each component that must be made available to each child to claim reimbursement for the meal. Meals may include larger amounts of any component if the weekly menu meets the dietary specifications for calories, saturated fat, trans fat and sodium. Use the U.S. Department of Agriculture's (USDA) *Food Buying Guide for School Meal Programs* to determine the amount of purchased food that meets the requirements. For processed foods, review Child Nutrition (CN) labels or product formulation statements.

[2] A week equals four days. This meal pattern is only for programs that regularly operate on a four-day week.

[3] Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole, reduced-fat (2%) and flavored low-fat milk cannot be served.

[4] Fruits include fresh, frozen, canned in light syrup, water or juice and dried. All fruits credit based on volume except dried fruit credits as twice the volume served, e.g., ¼ cup of dried fruit credits as ½ cup of fruit.

[5] Vegetables may be substituted for fruits but the first two cups per week must be from the dark green, red/orange, beans and peas (legumes) or "other" vegetable subgroups. Starchy vegetables may be offered on any day if the weekly menu includes at least two cups of nonstarchy vegetables. All vegetables credit based on volume except raw leafy greens credit as half the volume served (e.g., 1 cup credits as ½ cup of vegetables) and tomato paste and puree credit based on the volume as if reconstituted (see the *Food Buying Guide*).

[6] Fruit and vegetable juice must be pasteurized 100 percent full-strength juice. Fruit juice together with vegetable juice cannot exceed half of the weekly fruit offerings (see *Crediting Juice*). Serving whole fruits and vegetables instead of juice is recommended

[7] All grains must be whole grain-rich, i.e., the product contains at least 50 percent whole grains, any remaining grains are enriched and any noncreditable grains are less than 2 percent (¼ ounce equivalent) of the product formula. For more information, see *Criteria for Whole Grain-rich Foods*. All grains must meet the serving sizes specified in *Whole Grain-rich Ounce Equivalents for School Nutrition Programs*. Menus are not required to comply with the maximums for grains, but must meet the minimums and stay within the weekly calorie range. The weekly maximums provide a guide to help schools plan age-appropriate meals that meet the calorie, saturated fat and sodium requirements.

[8] The SBP does not require the meat/meat alternates component. Schools may substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of grains after offering the minimum daily grains serving (1 ounce equivalent). The serving size refers to the edible portion of cooked lean meat, poultry or fish as served, e.g., cooked lean meat without bone. A 1-ounce equivalent equals 1 ounce of lean meat, poultry or fish, 1 ounce of cheese (low-fat recommended), 2 ounces of cottage cheese or ricotta (low-fat recommended), ¼ cup of cooked beans and peas (legumes), ½ large egg, 2 tablespoons of nut butters, 1 ounce of nuts or seeds, ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein, ½ cup of yogurt or soy yogurt and 1 ounce of alternate protein products (APP). APP must meet the USDA requirements specified in appendix A to Part 220 of the SBP regulations. Allowable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios and soynuts.

[9] The average daily amount of calories for a four-day school week must be at least the minimum value but no more than the maximum value.

[10] Discretionary sources of calories (solid fats and added sugars) may be added if meals meet the dietary specifications for calories, saturated fat, trans fat and sodium.

[11] This intermediate sodium limit (first target) applies through June 30, 2017. The second sodium target of ≤570 milligrams must be reached by July 1, 2017. The final sodium target of ≤500 milligrams must be reached by July 1, 2022.

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For more information, see the Connecticut State Department of Education's (CSDE) *Menu Planning Guide for School Meals* and the CSDE's Meal Patterns for Four-day Week Web page and Crediting Foods Web page or contact the school nutrition programs staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.