

Breakfast Meal Pattern			
	Grades K - 5 th	Grades 6 - 8 th	Grades 9 - 12 th
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Fruit (cups)	5	5	5
Grains	7-10	8-10	9-10
Fluid Milk (cups)	5	5	5
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories	350-500	400-550	450-600
Saturated fat (% of total calories)	<10	<10	<10
Sodium (mg.)	≤ 430	≤ 470	≤ 500
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		