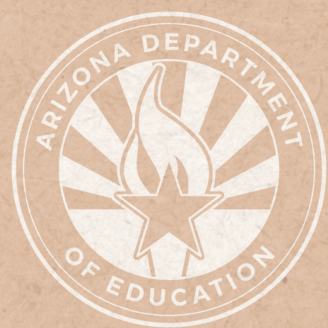


How to Plan a Breakfast Menu for the School Breakfast Program



Health and Nutrition Services
Arizona Department of Education





Disclaimer

This training was developed by the Arizona Department of Education (ADE) Health and Nutrition Services Division (HNS). The content in this training is intended for professionals operating one or more USDA Child Nutrition Programs in Arizona under the direction of ADE. The information in this training is subject to change. Attendees are encouraged to access professional development materials directly from the training library to prevent use of outdated content.

Intended Audience

This training is intended for **School Food Authorities (SFAs)** operating the **School Breakfast Program (SBP)**.

Objectives

At the end of this training, attendees should be able to:

- understand how to read the SBP Meal Pattern Chart;
- know how to plan lunches that meet the SBP daily requirements; and,
- know how to review the weekly menu to ensure it meets the weekly requirements for the SBP.

TRAINING HOURS

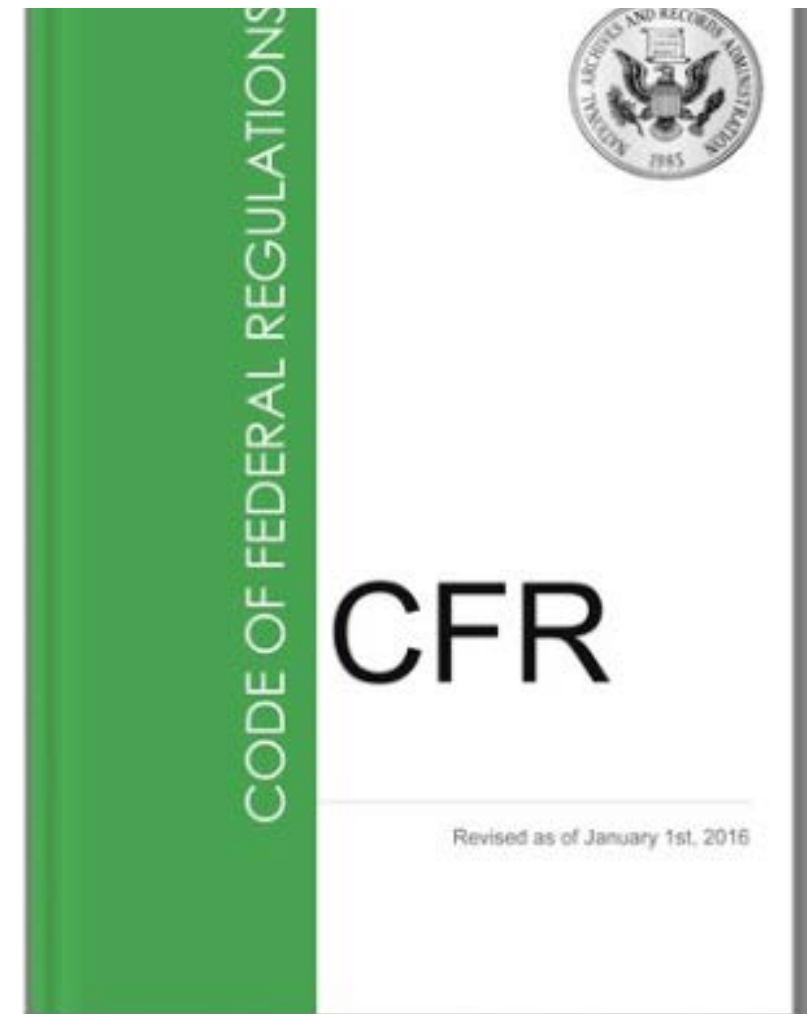
Information to include when documenting this training for Professional Standards:

Training Title: How to Plan a Breakfast Menu for the School Breakfast Program

Key Area: 1000 - Nutrition

Learning Code: 1100

Length: 1.5 hours



The instruction within this How-To Guide is based on guidance from the Code of Federal Regulations (CFR), §220.8 Meal requirements for breakfast.

It is recommended to review the information on the [National School Lunch Program Webpage](#) for additional help with understanding the guidance in the CFR.

Definitions

Component

One of five food groups that comprise reimbursable lunches. These are: fruit, vegetable, grain, meat/meat alternate, and fluid milk.

Grade Group

The range of grades for which the component and nutrient specifications apply when planning a reimbursable menu.

Offer Versus Serve

A meal service option that allows participating students the option to decline some of the food offered as part of a reimbursable menu. For lunch meal service, this is optional for grades K-8, but required for grades 9-12.

Nutrient Specification

The minimum and maximum amount of a specific nutrient that is in the meal/food offered.

Point of Service

The point in a food service operation where a determination can be accurately made that a reimbursable free, reduced-price, or paid lunch has been served to an eligible child.

Definitions

Reimbursable Meal

A meal that a student has at the point of service that will be claimed for reimbursement if it contains the required components from the reimbursable menu.

Reimbursable Menu

A menu made available to all students, that offers the daily minimum and weekly requirements of the NSLP meal pattern.

Serve Only

A meal service option where all participating students receive all five components in the required amounts.

Quiz Time



Throughout this guide, there will be comprehension quiz questions to test your knowledge and help you apply what you're learning. Be sure to review these quiz questions and answers available within the guide.

The question mark icon below will indicate a comprehension quiz question.



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The following slides will only cover how-to instructions for planning meals that align with the School Breakfast Program 5-day meal pattern chart. There are also charts available for 3-Day, 4-Day, 6-Day, and 7-Day school breakfast programs.

Introduction to the SBP Meal Pattern

SECTION 1



Meal Pattern

SCHOOL BREAKFAST PROGRAM

In 2010, Congress passed the Healthy, Hunger-Free Kids Act, which revised the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) meal patterns. In 2024, USDA's Food and Nutrition Service (FNS) published the final rule titled, *Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans*, which is the next step in continuing the science-based improvement of school meals.

All SFAs receiving federal reimbursement for school meals are required to serve meals that meet these meal pattern guidelines.

This How-To Guide will review how to plan a weekly menu that meets the breakfast meal pattern requirements.

The collage displays several pages from the Federal Register, dated April 25, 2024. Key visible sections include:

- Table of Contents:** Lists sections from 1 (Background) to 22 (Procedural Matters), including sub-sections like 1A through 1H, 2A through 2C, etc.
- Section 1: Background:** Discusses the U.S. Department of Agriculture's (USDA) commitment to update the school meal patterns and the broader school meals community's efforts.
- DEPARTMENT OF AGRICULTURE:** The official title of the agency.
- Food and Nutrition Service:** The specific department within USDA responsible for the rule.
- 7 CFR Parts 210, 215, 220, 225, and 226:** The specific Code of Federal Regulations being updated.
- Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans:** The title of the final rule.
- AGENCY:** Food and Nutrition Service (FNS), Department of Agriculture (USDA).
- ACTION:** Final rule.
- SUMMARY:** A detailed overview of the rule's purpose, including the goal of aligning school meal patterns with the 2020-2025 Dietary Guidelines for Americans, and the inclusion of stakeholder input and lessons learned from previous rulemakings.
- DATES:** States that the final rule is effective July 1, 2024, and implementation begins on the date of the rule's publication.
- ADDRESSES:** Provides the Federal eRulemaking Portal (https://www.regulations.gov) for accessing the rulemaking docket and background documents.
- FOR FURTHER INFORMATION CONTACT:** Lists contact information for Andrea Farmer, Director, School Meals Policy Division, 4th floor, Food and Nutrition Service, 1320 Braddock Place, Alexandria, VA 22314; telephone: 703-305-2034.
- SUPPLEMENTARY INFORMATION:** Lists various acronyms used throughout the rule, such as AFIK, ADA, CACFP, CN, CN-OPS, FAR, FDA, FNS, HED, HMI, ICN, NASEM, NSLA, NSLP, SBP, SFS, SNAP, SMP, and SY.

For more information on the Final Rule, please visit USDA's webpage for Child Nutrition Program operators.

Meal Pattern Chart

SCHOOL BREAKFAST PROGRAM

The meal pattern chart for the School Breakfast (SBP) includes meal pattern requirements for children of all ages.

The chart shows the daily and weekly requirements for each component.

- There are three components in the SBP meal pattern: Fluid Milk, Fruit/Juice/Vegetable, and Grain or Meat/Meat Alternate.
- The chart's columns show the minimum required serving size for the different grade groups.
- There are also charts available for 3-Day, 4-Day, 6-Day, and 7-Day school breakfast programs.

School Breakfast Program 5-Day Meal Pattern					
Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.					
Serve Only	Offer Versus Serve				
<ul style="list-style-type: none"> • Minimum 3 items daily • Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate • Students must have all items at POS 	<ul style="list-style-type: none"> • Minimum 4 items daily • Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) • Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable 				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fluid Milk (cups) All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Fruit/Juice/Vegetable (cups) All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Grains or Meat/Meat Alternates (oz eq) Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched.	1 oz eq daily 7-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly	1 oz eq daily 9-10 oz eq weekly	1 oz eq daily 9-10 oz eq weekly
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week					
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Saturated Fat (% of total calories) Weekly Average	≤ 10				
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10				

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School Breakfast Program Meal Pattern Chart



Before moving on, please print the 3-Day, 4-Day, 5-Day, 6-Day, or 7-Day chart that meets your menu planning needs.

Meal Pattern Chart

READING THE CHART

- 1 Number of Days of Service**
 There are different meal pattern charts for 3-Day, 4-Day, 5-Day, 6-Day, and 7-Day meal services. The header of the chart should match the number of days served.
- 2 Grade Groups**
 The chart shows the required amounts for the different grade groups in each column.
- 3 Weekly and Daily Requirements**
 This chart outlines the weekly and daily requirements for each component. The required daily amount is listed in each column, and the weekly requirement is listed under to the daily requirement, if applicable.

School Breakfast Program
5-Day Meal Pattern
 Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.

Serve Only	3 or Versus Serve				
<ul style="list-style-type: none"> Minimum 3 items daily Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate Students must have all items at POS 	<ul style="list-style-type: none"> Minimum 4 items daily Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable 				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fluid Milk (cups) All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Fruit/Juice/Vegetable (cups) All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Grains or Meat/Meat Alternates (oz eq) Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched.	1 oz eq daily 7-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly	1 oz eq daily 9-10 oz eq weekly	1 oz eq daily 9-10 oz eq weekly
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week					
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Saturated Fat (% of total calories) Weekly Average	≤ 10				
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10				

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Meal Pattern Chart

READING THE CHART

4 Quantities at Point of Service
 This chart also provides an explanation of the requirements for Serve Only or Offer Versus Serve (OVS). These notes apply to what a meal looks like at the point of service, not what must be planned. *The differences between Serve Only and Offer Versus Serve are not covered in this training. However, keep in mind that you are still required to plan the serving sizes listed, regardless of meal service type.*

5 Grain or Meat/Meat Alternate Component
 Schools may choose to serve grains, meat/meat alternates, or a combination of both to meet the oz eq requirements of this component.

School Breakfast Program 5-Day Meal Pattern					
Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.					
Serve Only		Offer Versus Serve			
<ul style="list-style-type: none"> Minimum 3 items daily Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate Students must have all items at POS 		<ul style="list-style-type: none"> Minimum 4 items daily Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable 			
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fluid Milk (cups) All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Fruit/Juice/Vegetable (cups) All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Grains or Meat/Meat Alternates (oz eq) Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched.	1 oz eq daily 7-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly	1 oz eq daily 9-10 oz eq weekly	1 oz eq daily 9-10 oz eq weekly
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week					
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Saturated Fat (% of total calories) Weekly Average	≤ 10				
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10				

SBP Meal Pattern

SERVING SIZES

The meal pattern chart includes the minimum required serving size for each component and age range. The unit of measurement varies from component to component, depending on the food item.

- For example, milk is measured in cups, and bread is measured in slices.

CREDITING

Menu planners need to remember to use proper crediting techniques for all menu items on their breakfast menus. It is important to use the [Food Buying Guide](#) to ensure ounce equivalents (oz eq) are being met for grains and meat/meat alternate menu contributions. Just like lunch meal service, copies of menus, production records, standardized recipes, Nutrition Facts labels, and product formulation statements or CN labels must be utilized.

- For example, bread slices come in a variety of sizes and ingredients. If we were going to menu one slice of bread, it would be required to use [Exhibit A](#) of the Food Buying Guide to properly credit this grain to ensure the minimum oz eq is being offered.

Component Requirements

GRAINS AND MEAT/MEAT ALTERNATES

The serving size for grains and meat/meat alternates are measured in ounce equivalents (oz eq). Use the Food Buying Guide (FBG), CN labels, Product Formulations Statements, and Exhibit A to determine the amounts required of each grain and meat/meat alternate food item to meet the meal pattern.

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 be whole grain-rich, and the remaining grain items offered must be enriched.

Component Requirements

FLUID MILK

There should always be two varieties of milk offered. All fluid milk must be fat-free or low-fat (1%). Milk may be flavored or unflavored, but please note that unflavored milk must be offered as one of the two milk offerings each day.

FRUIT/JUICE/VEGETABLE

Fruits and vegetables can be fresh, canned, dried, or 100% juice. No more than half of the weekly offerings may be in the form of juice.



Nutrient Requirements

WEEKLY AVERAGE AND DAILY REQUIREMENT

This chart also shows the nutrient requirements that must be met. Notice that for calories, sodium, and saturated fat, the requirements are based on the weekly average. This means that some days may be higher, and some days may be lower than the numbers listed, but the menu is in compliance as long as the weekly average meets these guidelines.

Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week					
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Saturated Fat (% of total calories) Weekly Average	≤ 10				
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10				

School Breakfast Program 5-Day Meal Pattern					
Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.					
Serve Only	Offer Versus Serve				
<ul style="list-style-type: none"> Minimum 3 items daily Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate Students must have all items at POS 	<ul style="list-style-type: none"> Minimum 4 items daily Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable 				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fluid Milk (cups) All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Fruit/Juice/Vegetable (cups) All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Grains or Meat/Meat Alternates (oz eq) Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched.	1 oz eq daily 7-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly	1 oz eq daily 9-10 oz eq weekly	1 oz eq daily 9-10 oz eq weekly
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week					
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Saturated Fat (% of total calories) Weekly Average	≤ 10				
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10				

Quiz Time

Which of the following is true about meat/meat alternates (i.e. eggs, yogurt, cheese, meat) in the breakfast meal pattern?

- A** A meat/meat alternate must be planned every day.
- B** Meat/meat alternates are not allowed to be served at breakfast.
- C** The grains and meat/meat alternate components are combined.
- D** The only meat/meat alternate allowed at breakfast is yogurt.



Quiz Time

Which of the following is true about meat/meat alternates (i.e. eggs, yogurt, cheese, meat) in the breakfast meal pattern?

- A** A meat/meat alternate must be planned every day.
- B** Meat/meat alternates are not allowed to be served at breakfast.
- C** The grains and meat/meat alternate components are combined.
- D** The only meat/meat alternate allowed at breakfast is yogurt.

For the SBP, meat/meat alternate is not a separate meal component, but is part of the combined grains/meat or meat alternate meal component. Schools may offer grains, meat/meat alternate, or a combination of both to meet this combined component requirement, based on ounce equivalents.







Planning the Breakfast Menu



SECTION 2

Planning the Breakfast Menu

STEPS TO CREATING A MENU FOR THE SBP

-  **Select the Appropriate Meal Pattern Chart**
There are different meal pattern charts for 3-Day, 4-Day, 5-Day, 6-Day, and 7-Day meal services. Select the Meal Pattern Chart that reflects your operations.
-  **Determine Your Age Group**
Identify which age group(s) the menu will be planned for.
-  **Select Food Items for Required Components**
Select food items for each of the required components. Use the meal pattern chart to identify the minimum required serving size for the food items and grade group(s) being served. Repeat this process for the remaining service days of the week. HNS recommends menu planners begin this process by first planning the Grain or Meat/Meat Alternate and then planning the remaining components.
-  **Confirm Planned Compliance with Daily and Weekly Menu Requirements**
Consulting the meal pattern chart, review the planned menu to confirm compliance with the daily and weekly requirements. HNS recommends operators use the Breakfast Weekly Menu Planner Resource to complete this step.

Weekly Menu Planner

SCHOOL BREAKFAST PROGRAM

To assist and support menu planners build a compliant menu for the SBP, ADE HNS has created Weekly Menu Planners.

This resource is intended to help ensure compliance with all component and serving size requirements and dietary specifications for a one-week menu by including daily and weekly checklists.

There are Weekly Menu Planners for 3-Day, 4-Day, 5-Day, 6-Day, and 7-Day menus.

The image displays five overlapping forms titled "3-Day Weekly Menu Planner", "4-Day Weekly Menu Planner", "5-Day Weekly Menu Planner", "6-Day Weekly Menu Planner", and "7-Day Weekly Menu Planner". Each form is designed for a "SCHOOL BREAKFAST PROGRAM" and includes a table for menu items with columns for "Item", "Serving Size", "Components (list all that apply)", and "Notes". To the right of the menu table is a "Daily Checklist" with checkboxes for various nutritional requirements, such as "1 cup milk (Two varieties offered, one is unflavored)", "1 cup fruit/vegetable (Must be 1/2 cup)", "1/2 cup grain (Must be 1/4 cup)", and "1/2 eq MMSA (No daily requirement)". At the bottom of the 7-day planner is a "WEEKLY CHECKLIST" with summary requirements for the week, including "Total eq of grain offered weekly" and "Total eq of MMSA offered weekly". A note at the bottom of the 7-day planner states: "Menu analyzed for sodium, saturated fat, and calories and meets requirements".

Breakfast Weekly Menu Planners

The Weekly Menu Planners are available on the [NSLP Program Forms and Resources webpage](#).

It is highly recommended to print the Weekly Menu Planner to see how it can be used while planning your menu.

Planning a Breakfast Menu: Example

In the following scenario, this school operates 5-days and serves students in grades K-8.

Select the Appropriate Meal Pattern Chart

Since (in this example) the school operates 5-days, select the 5-Day Meal Pattern Chart.

Determine Your Age Group

Since this school has students in grades K-8, plan this menu based on the K-8 grade group requirements.

School Breakfast Program 5-Day Meal Pattern					
Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.					
Serve Only	Offer Versus Serve				
<ul style="list-style-type: none"> Minimum 3 items daily Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate Students must have all items at POS 	<ul style="list-style-type: none"> Minimum 4 items daily Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable 				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fluid Milk (cups) All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Fruit/Juice/Vegetable (cups) All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Grains or Meat/Meat Alternates (oz eq) Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched.	1 oz eq daily 7-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly	1 oz eq daily 9-10 oz eq weekly	1 oz eq daily 9-10 oz eq weekly
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week					
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Saturated Fat (% of total calories) Weekly Average	≤ 10				
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10				

Planning a Breakfast Menu: Example

In the following scenario, this school operates 5-days and serves students in grades K-8.

Select Food Items for Required Components

First, pick a grain or meat/meat alternate. For this example, 1 slice of Whole Grain-Rich toast was selected.

Using the 5-Day Meal Pattern Chart for K-8, it is identified that we must serve at least 1 oz eq. Use the Nutrition Facts Label and the ingredient list to make sure the item is whole grain rich, and that it credits as 1 oz eq.

Resources to Determine & Credit Whole Grain-Rich Products:

- [Whole Grain Resource](#)
- [How to Credit Grains worksheet](#)

Now select the food items for the remaining components. In this example, a fruit/juice/vegetable, and milk are needed.

Monday	
Fruit/Juice/Vegetable	
Grain or Meat/Meat Alternate	1 slice of Whole Grain-Rich Toast (1 oz eq)
Fluid Milk	

Planning a Breakfast Menu: Example

In the following scenario, this school operates 5-days and serves students in grades K-8.

Select Food Items for Required Components

Select a food item to satisfy the **fruit/juice/vegetable** component.

According to the meal pattern, at least 1 cup of fruit should be offered every day.

As outlined in the meal pattern chart, the SBP meal pattern allows fresh, frozen, canned fruit, or 100% juice. We just have to be sure no more than 50% of the total fruit offerings come from juice. We can also offer vegetables at breakfast and they could count toward this component.

For this example, we decide to serve 1 cup of apple slices.

Monday	
Fruit/Juice/Vegetable	Apple Slices (1 cup)
Grain or Meat/Meat Alternate	1 slice of Whole Grain-Rich Toast (1 oz eq)
Fluid Milk	

Planning a Breakfast Menu: Example

In the following scenario, this school operates 5-days and serves students in grades K-8.

Select Food Items for Required Components

Lastly, is the **milk** component.

According to the meal pattern, at least 1 cup of milk every day should be offered.

There should always be two varieties of milk offered. All fluid milk must be fat-free or low fat (1%). Milk may flavored or unflavored, but please note that unflavored milk must be offered as one of the two milk offerings each day.

In this example, we are choosing to offer fat free plain and fat free chocolate milk.

Monday	
Fruit/Juice/Vegetable	Apple Slices (1 cup)
Grain or Meat/Meat Alternate	1 slice of Whole Grain-Rich Toast (1 oz eq)
Fluid Milk	Fat-Free Unflavored: Fat-Free Chocolate: (1 cup)

Quiz Time

Which of the following does not meet the meal pattern for milk varieties?

- A** Fat-free and 1 % unflavored
- B** Fat-free chocolate and 1% unflavored
- C** Fat-free chocolate and 2% unflavored
- D** Fat-free unflavored and 1% strawberry



Quiz Time

Which of the following does not meet the meal pattern for milk varieties?

- A** Fat-free and 1 % unflavored
- B** Fat-free chocolate and 1% unflavored
- C** Fat-free chocolate and 2% unflavored
- D** Fat-free unflavored and 1% strawberry

In the example above, 2% unflavored would not be allowable. Only fat-free or 1% flavored or unflavored milk can be offered in regards to fat content.



Planning a Breakfast Menu: Example

In the following scenario, this school operates 5-days and serves students in grades K-8.

Confirm Planned Compliance with Daily Menu Requirements

Before building the menu for the rest of the week, verify daily menu requirements have been met.

5-Day K-8 Meal Pattern Requirements:


- 1 oz eq grain or meat/meat alternate
- 1 cup fruit/juice/vegetable
- 1 cup milk, two varieties

Monday	
Fruit/Juice/Vegetable	Apple Slices (1 cup)
Grain or Meat/Meat Alternate	1 slice of Whole Grain-Rich Toast (1 oz eq)
Fluid Milk	Fat-Free Unflavored: Fat-Free Chocolate: (1 cup)

School Breakfast Program					
5-Day Meal Pattern					
Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.					
Serve Only	Offer Versus Serve				
<ul style="list-style-type: none"> • Minimum 3 items daily • Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate • Students must have all items at POS 	<ul style="list-style-type: none"> • Minimum 4 items daily • Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) • Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable 				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fluid Milk (cups) All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Fruit/Juice/Vegetable (cups) All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Grains or Meat/Meat Alternates (oz eq) Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched.	1 oz eq daily 7-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly	1 oz eq daily 9-10 oz eq weekly	1 oz eq daily 9-10 oz eq weekly
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week					
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Saturated Fat (% of total calories) Weekly Average	≤ 10				
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10				

Planning a Breakfast Menu: Example

In the following scenario, this school operates 5-days and serves students in grades K-8.

-  **Select Food Items for Required Components**

In the following section, we will continue our example and repeat the process of selecting food items to satisfy component requirements for the remainder of the week.

Completing the Weekly Menu



SECTION 3

Planning a Breakfast Menu: Tuesday

GRAIN OR MEAT/MEAT ALTERNATE REQUIREMENTS

Let's start with a grain: Mini Banana Loaf

When looking at Exhibit A and the label on the box, we determined that the mini loaf credits as 2 oz eq.

Grains or Meat/Meat Alternates (oz eq)	Monday	Tuesday	Wednesday	Thursday	Friday
Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched.	1 oz eq daily	1 oz eq daily	1 oz eq daily	1 oz eq daily	1 oz eq daily
	7-10 oz eq weekly	8-10 oz eq weekly	8-10 oz eq weekly	9-10 oz eq weekly	9-10 oz eq weekly

Tuesday	
Fruit/Juice/Vegetable	
Grain or Meat/Meat Alternate	Mini Banana Loaf (2 oz eq)
Fluid Milk	

Planning a Breakfast Menu: Tuesday

FRUIT REQUIREMENTS

Let's plan 1 cup of fresh cut strawberries for Tuesday.

Remember that fruit can be fresh, canned, dried, or 100% juice.

Fruit/Juice/Vegetable (cups) All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
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Tuesday	
Fruit/Juice/Vegetable	Fresh Strawberries (1 cup)
Grain or Meat/Meat Alternate	Mini Banana Loaf (2 oz eq)
Fluid Milk	

Planning a Breakfast Menu: Tuesday

FLUID MILK REQUIREMENTS

Let's plan fat free plain and 1% plain milk, 1 cup each for Tuesday.

Remember two varieties are needed, 1 cup each.

Fluid Milk (cups) All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
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Tuesday	
Fruit/Juice/Vegetable	Fresh Strawberries (1 cup)
Grain or Meat/Meat Alternate	Mini Banana Loaf (2 oz eq)
Fluid Milk	Fat-Free Unflavored: 1% Unflavored: (1 cup)

Meeting the Daily Requirements

TUESDAY

Make sure that all **daily** requirements for Tuesday are being met:

- 2 oz eq grain or meat/meat alternate
- 1 cup Fruit/Juice/Vegetable
- 1 cup milk, two varieties

It looks like all components in required amounts are planned for Tuesday!

Tuesday	
Fruit/Juice/Vegetable	Fresh Strawberries (1 cup)
Grain or Meat/Meat Alternate	Mini Banana Loaf (2 oz eq)
Fluid Milk	Fat-Free Unflavored: 1% Unflavored: (1 cup)

School Breakfast Program 5-Day Meal Pattern					
Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.					
Serve Only	Offer Versus Serve				
<ul style="list-style-type: none"> • Minimum 3 items daily • Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate • Students must have all items at POS 	<ul style="list-style-type: none"> • Minimum 4 items daily • Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) • Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable 				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fluid Milk (cups) All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.	1 cup daily	1 cup daily	1 cup daily ✓	1 cup daily	1 cup daily
Fruit/Juice/Vegetable (cups) All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily ✓	1 cup daily	1 cup daily
Grains or Meat/Meat Alternates (oz eq) Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched.	1 oz eq daily 7-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly ✓	1 oz eq daily 9-10 oz eq weekly	1 oz eq daily 9-10 oz eq weekly
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week					
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Saturated Fat (% of total calories) Weekly Average	≤ 10				
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10				
October 2024 Health and Nutrition Services Arizona Department of Education This institution is an equal opportunity provider.					

Planning a Breakfast Menu: Wednesday

GRAIN AND MEAT/MEAT ALTERNATE

Let's start with an entrée: Whole grain-rich mini pancakes and turkey sausage. Looking at Exhibit A and the label on the box, we determined that the pancakes credit as 1 oz eq.

A CN Label for the turkey sausage also says 1 turkey sausage patty contributes 1 oz eq of meat/meat alternate for Child Nutrition Programs.

Grains or Meat/Meat Alternates (oz eq)					
Schools may offer grains, meats/meat alternates, or a combination of both.	1 oz eq daily	1 oz eq daily	1 oz eq daily	1 oz eq daily	1 oz eq daily
At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched.	7-10 oz eq weekly	8-10 oz eq weekly	8-10 oz eq weekly	9-10 oz eq weekly	9-10 oz eq weekly

Wednesday	
Fruit/Juice/Vegetable	
Grain or Meat/Meat Alternate	Mini Pancakes (1 oz eq)
	Turkey Sausage (1 oz eq)
Fluid Milk	

Planning a Breakfast Menu: Wednesday

FRUIT REQUIREMENTS

Let's plan 1 cup of canned peaches to the menu for Wednesday.

Remember that fruit can be fresh, canned, dried, or 100% juice.

Fruit/Juice/Vegetable (cups) All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
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Wednesday	
Fruit/Juice/Vegetable	Canned Peaches (1 cup)
Grain or Meat/Meat Alternate	Mini Pancakes (1 oz eq)
	Turkey Sausage (1 oz eq)
Fluid Milk	

Planning a Breakfast Menu: Wednesday

FLUID MILK REQUIREMENTS

Let's plan 1 cup fat-free unflavored and 1 cup fat-free chocolate milk for Wednesday as well.

Remember two varieties are needed, 1 cup each.

Fluid Milk (cups) All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
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Wednesday	
Fruit/Juice/Vegetable	Canned Peaches (1 cup)
Grain or Meat/Meat Alternate	Mini Pancakes (1 oz eq)
	Turkey Sausage (1 oz eq)
Fluid Milk	Fat-Free Chocolate: Fat-Free Unflavored: (1 cup)

Meeting the Daily Requirements

WEDNESDAY

Make sure that all **daily** requirements for Wednesday are being met:

- 1 oz eq grain
- 1 oz eq meat/meat alternate
- 1 cup fruit/juice/vegetable
- 1 cup milk, two varieties

It looks like all components in required amounts are planned for Wednesday!

Wednesday	
Fruit/Juice/Vegetable	Canned Peaches (1 cup)
Grain or Meat/Meat Alternate	Mini Pancakes (1 oz eq)
	Turkey Sausage (1 oz eq)
Fluid Milk	Fat-Free Chocolate: Fat-Free Unflavored: (1 cup)

School Breakfast Program 5-Day Meal Pattern					
Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.					
Serve Only	Offer Versus Serve				
<ul style="list-style-type: none"> • Minimum 3 items daily • Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate • Students must have all items at POS 	<ul style="list-style-type: none"> • Minimum 4 items daily • Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) • Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable 				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fluid Milk (cups) All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Fruit/Juice/Vegetable (cups) All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Grains or Meat/Meat Alternates (oz eq) Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched.	1 oz eq daily	1 oz eq daily	1 oz eq daily	1 oz eq daily	1 oz eq daily
	7-10 oz eq weekly	8-10 oz eq weekly	8-10 oz eq weekly	9-10 oz eq weekly	9-10 oz eq weekly
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week					
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Saturated Fat (% of total calories) Weekly Average	≤ 10				
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10				
October 2024 Health and Nutrition Services Arizona Department of Education This institution is an equal opportunity provider.					

Planning a Breakfast Menu: Thursday

GRAIN AND MEAT/MEAT ALTERNATE

Let's start with an entrée for Thursday: Egg and cheese burrito on a whole-grain rich tortilla, with a side of salsa.

The product formulation statement that tells us the burrito has a whole grain-rich tortilla that credits as 1 oz eq, and the eggs and cheese credit as 1 oz eq of meat/meat alternate.

We will choose to serve salsa as an extra and not to credit salsa for this example.

Grains or Meat/Meat Alternates (oz eq)					
Schools may offer grains, meats/meat alternates, or a combination of both.	1 oz eq daily	1 oz eq daily	1 oz eq daily	1 oz eq daily	1 oz eq daily
At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched.	7-10 oz eq weekly	8-10 oz eq weekly	8-10 oz eq weekly	9-10 oz eq weekly	9-10 oz eq weekly

Thursday	
Fruit/Juice/Vegetable	
Grain or Meat/Meat Alternate	Whole Grain-Rich Tortilla (1 oz eq)
	Eggs and Cheese (1 oz eq)
Fluid Milk	

Planning a Breakfast Menu: Thursday

FRUIT REQUIREMENTS

Let's plan 1/2 cup of pineapple chunks, and 1/2 cup grapes.

We can choose to plan 1 cup of fruit, but plan it as 1/2 cup servings of 2 different fruits. This gives students an option to choose between two or both fruits!

Fruit/Juice/Vegetable (cups)					
All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily

Thursday	
Fruit/Juice/Vegetable	Pineapple Chunks (1/2 cup) Grapes (1/2 cup)
Grain or Meat/Meat Alternate	Whole Grain-Rich Tortilla (1 oz eq)
	Eggs and Cheese (1 oz eq)
Fluid Milk	

Planning a Breakfast Menu: Thursday

FLUID MILK REQUIREMENTS

Let's plan 1 cup fat-free unflavored and 1% unflavored milk for Thursday as well.

Remember two varieties are needed, 1 cup each

Fluid Milk (cups) All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
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Thursday	
Fruit/Juice/Vegetable	Pineapple Chunks (1/2 cup) Grapes (1/2 cup)
Grain or Meat/Meat Alternate	Whole Grain-Rich Tortilla (1 oz eq)
	Eggs and Cheese (1 oz eq)
Fluid Milk	Fat-Free Unflavored: 1% Unflavored: (1 cup)

Meeting the Daily Requirements

THURSDAY

Make sure that all **daily** requirements for Thursday are being met:

- 1 oz eq grain
- 1 oz eq meat/meat alternate
- 1 cup fruit
- 1 cup milk, two varieties

It looks like all components in required amounts are planned for Thursday!

Thursday	
Fruit/Juice/Vegetable	Pineapple Chunks (1/2 cup) Grapes (1/2 cup)
Grain or Meat/Meat Alternate	Whole Grain-Rich Tortilla (1 oz eq)
	Eggs and Cheese (1 oz eq)
Fluid Milk	Fat-Free Unflavored: 1% Unflavored: (1 cup)

School Breakfast Program 5-Day Meal Pattern					
Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.					
Serve Only	Offer Versus Serve				
<ul style="list-style-type: none"> • Minimum 3 items daily • Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate • Students must have all items at POS 	<ul style="list-style-type: none"> • Minimum 4 items daily • Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) • Students must have at least 3 items at POS, 1 item must be a 1/2 cup Fruit/Juice/Vegetable 				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fluid Milk (cups) All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Fruit/Juice/Vegetable (cups) All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Grains or Meat/Meat Alternates (oz eq) Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched.	1 oz eq daily 7-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly	1 oz eq daily 9-10 oz eq weekly	1 oz eq daily 9-10 oz eq weekly
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week					
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Saturated Fat (% of total calories) Weekly Average	≤ 10				
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10				
October 2024 Health and Nutrition Services Arizona Department of Education This institution is an equal opportunity provider.					

Planning a Breakfast Menu: Friday

GRAIN AND MEAT/MEAT ALTERNATE

Let's start with an entrée for Friday: Whole-grain rich breakfast pizza

According to the CN Label, 1 serving of breakfast pizza provides 1 oz eq of whole grains, and 2 oz eq of meat/meat alternate.

Grains or Meat/Meat Alternates (oz eq) Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched.	1 oz eq daily	1 oz eq daily	1 oz eq daily	1 oz eq daily	1 oz eq daily
	7-10 oz eq weekly	8-10 oz eq weekly	8-10 oz eq weekly	9-10 oz eq weekly	9-10 oz eq weekly

Friday	
Fruit/Juice/Vegetable	
Grain or Meat/Meat Alternate	Whole Grain-Rich Bagel Slice (1 oz eq)
	Eggs, Cheese, and Sausage (2 oz eq)
Fluid Milk	

Planning a Breakfast Menu: Friday

FRUIT REQUIREMENTS

Let's plan 1/2 cup of canned pears and 1/2 cup orange juice.

- Remember to not make 50% of the weekly fruit offerings as juice.

Fruit/Juice/Vegetable (cups) All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
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Friday	
Fruit/Juice/Vegetable	Canned Pears (1/2 cup) Orange Juice (1/2 cup)
Grain or Meat/Meat Alternate	Whole Grain-Rich Bagel Slice (1 oz eq)
	Eggs, Cheese, and Sausage (2 oz eq)
Fluid Milk	

Planning a Breakfast Menu: Thursday

FLUID MILK REQUIREMENTS

Let's plan 1 cup fat-free unflavored and 1 cup fat-free chocolate milk for Friday..

Remember two varieties are needed, 1 cup each

Fluid Milk (cups) All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
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Friday	
Fruit/Juice/Vegetable	Canned Pears (1/2 cup) Orange Juice (1/2 cup)
Grain or Meat/Meat Alternate	Whole Grain-Rich Bagel Slice (1 oz eq)
	Eggs, Cheese, and Sausage (2 oz eq)
Fluid Milk	Fat-Free Chocolate: Fat-Free Unflavored: (1 cup)

Meeting the Daily Requirements

FRIDAY

Make sure that all **daily** requirements for Friday are being met:

- 1 oz eq grain
- 2 oz eq meat/meat alternate
- 1 cup fruit
- 1 cup milk, two varieties

It looks like all components in required amounts are planned for Friday!

Friday	
Fruit/Juice/Vegetable	Canned Pears (1/2 cup) Orange Juice (1/2 cup)
Grain or Meat/Meat Alternate	Whole Grain-Rich Bagel Slice (1 oz eq)
	Eggs, Cheese, and Sausage (2 oz eq)
Fluid Milk	Fat-Free Chocolate: Fat-Free Unflavored: (1 cup)

School Breakfast Program					
5-Day Meal Pattern					
Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.					
Serve Only	Offer Versus Serve				
<ul style="list-style-type: none"> • Minimum 3 items daily • Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate • Students must have all items at POS 	<ul style="list-style-type: none"> • Minimum 4 items daily • Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) • Students must have at least 3 items at POS, 1 item must be a 1/2 cup Fruit/Juice/Vegetable 				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fluid Milk (cups) All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.	1 cup daily	1 cup daily	1 cup daily ✓	1 cup daily	1 cup daily
Fruit/Juice/Vegetable (cups) All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily ✓	1 cup daily	1 cup daily
Grains or Meat/Meat Alternates (oz eq) Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched.	1 oz eq daily	1 oz eq daily	1 oz eq daily ✓	1 oz eq daily	1 oz eq daily
	7-10 oz eq weekly	8-10 oz eq weekly	8-10 oz eq weekly ✓	9-10 oz eq weekly	9-10 oz eq weekly
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week					
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Saturated Fat (% of total calories) Weekly Average	≤ 10				
Sodium (mg) Weekly Average In place through June 30, 2027	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540
Sodium (mg) Weekly Average Must be implemented by July 1, 2027	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485
Added Sugars (% of total calories) Must be implemented by July 1, 2027	≤ 10				
October 2024 Health and Nutrition Services Arizona Department of Education This institution is an equal opportunity provider.					

Quiz Time

Can you plan a menu that includes 2 types of fruit to meet the 1 cup requirement?

- A** No. All fruit planned must be in 1 cup quantities.
- B** Yes. This is only allowed when including juice as a fruit option.
- C** Yes. However, only on days when you also plan 2 oz eq of grains.
- D** Yes. You can plan 2 varieties of fruit in $\frac{1}{2}$ cup servings. This meets the 1 cup daily requirement.



Quiz Time

Can you plan a menu that includes 2 types of fruit to meet the 1 cup requirement?

- A** No. All fruit planned must be in 1 cup quantities.
- B** Yes. This is only allowed when including juice as a fruit option.
- C** Yes. However, only on days when you also plan 2 oz eq of grains.
- D** Yes. You can plan 2 varieties of fruit in $\frac{1}{2}$ cup servings. This meets the 1 cup daily requirement.

You must plan 1 cup of fruit daily, but it can be made up of $\frac{1}{2}$ cup servings of 2 different fruits. The fruits do not need to be in the same form (i.e. fresh, dried, canned, frozen).



Meeting the Weekly Requirements



SECTION 4

Meeting Weekly Requirements

GRAIN OR MEAT/MEAT ALTERNATE

According to the meal pattern chart, **8-10** oz eq. of grain or meat/meat alternates should be planned throughout the week. Add the daily grain/meat or meat alternate servings:

- 1 oz eq on Monday,
- 2 oz eq on Tuesday,
- 2 oz eq on Wednesday,
- 2 oz eq on Thursday,
- 4 oz eq on Friday

The total amount of grain/meat or meat alternate planned is **10 oz eq**. This meets the weekly minimum requirement!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Grain or Meat/Meat Alternate: 1 slice of Whole Grain-Rich Toast (1 oz eq)	Grain or Meat/Meat Alternate: Mini Banana Loaf (2 oz eq)	Grain or Meat/Meat Alternate: Mini Pancakes (1 oz eq) Turkey Sausage (1 oz eq)	Grain or Meat/Meat Alternate: Whole Grain-Rich Tortilla (1 oz eq) Eggs and Cheese (1 oz eq)	Grain or Meat/Meat Alternate: Whole Grain-Rich Bagel Slice (1 oz eq) Eggs, Cheese, and Sausage (2 oz eq)	10 oz eq total Grain or Meat/Meat Alternate:

Meeting Weekly Requirements

FRUIT/JUICE/VEGETABLE

Based on the meal pattern chart, **1** cup of fruit/juice/vegetable is required daily. Add the daily servings:

- 1 cup on Monday,
- 2 cup on Tuesday,
- 1 cup on Wednesday,
- 1 cup on Thursday,
- 1 cup on Friday (1/2 cup is juice)

The total amount of fruit/juice/vegetable planned is **5** cups. Additionally, the meal pattern states that no more than 50% of the fruit offerings for the week can be juice. This menu has **4 ½** cups of edible fruit planned and **½** cup of juice. The amount of juice is less than 50% for the week, so the menu is in compliance with the juice requirement!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Fruit/Juice/Vegetable: 1 slice of Whole Grain-Rich Toast (1 oz eq)	Fruit/Juice/Vegetable: Mini Banana Loaf (2 oz eq)	Fruit/Juice/Vegetable: Mini Pancakes (1 oz eq)	Fruit/Juice/Vegetable: Whole Grain-Rich Tortilla (1 oz eq)	Fruit/Juice/Vegetable: Whole Grain-Rich Bagel Slice (1 oz eq)	5 cups total (Fruit/Juice/Vegetable)

Meeting Weekly Requirements

FLUID MILK

Based on the meal pattern chart, **1** cup of milk in 2 varieties, should be planned daily. Add the daily servings:

- 1 cup on Monday,
- 1 cup on Tuesday,
- 1 cup on Wednesday,
- 1 cup on Thursday,
- 1 cup on Friday,

The total amount of milk planned is **5** cups in the daily required varieties. This meets the milk requirement!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Milk: Fat-Free Unflavored: Fat-Free Chocolate: • 1 cup = 1 cup milk	Milk: Fat-Free Unflavored 1% Unflavored • 1 cup = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • 1 cup = 1 cup milk	Milk: Fat-Free Unflavored 1% Unflavored • 1 cup = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • 1 cup = 1 cup milk	5 cups total

Meal Pattern Chart Dietary Specifications



SECTION 5

Dietary Specifications

WEEKLY AVERAGE

In addition to complying with component requirements, SBP menus must meet the dietary specifications outlined in the meal pattern.

- Calories, Sodium, and Saturated Fat have requirements based on a weekly average.

Refer to the Nutrition Facts Labels on your products for this information.

Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Saturated Fat (% of total calories) Weekly Average	≤ 10				
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10				

Summary & Resources



SECTION 6

Menu Planning Tips

SUMMARY

When planning a menu, first choose the grade group and days you would like to plan for. Then, make sure to plan enough of each component to meet the daily and weekly requirements.

Be sure to visit the [NSLP Program Forms and Resources](#) webpage under the “Menu Planning” accordion for tools and resources to help plan and review menus.



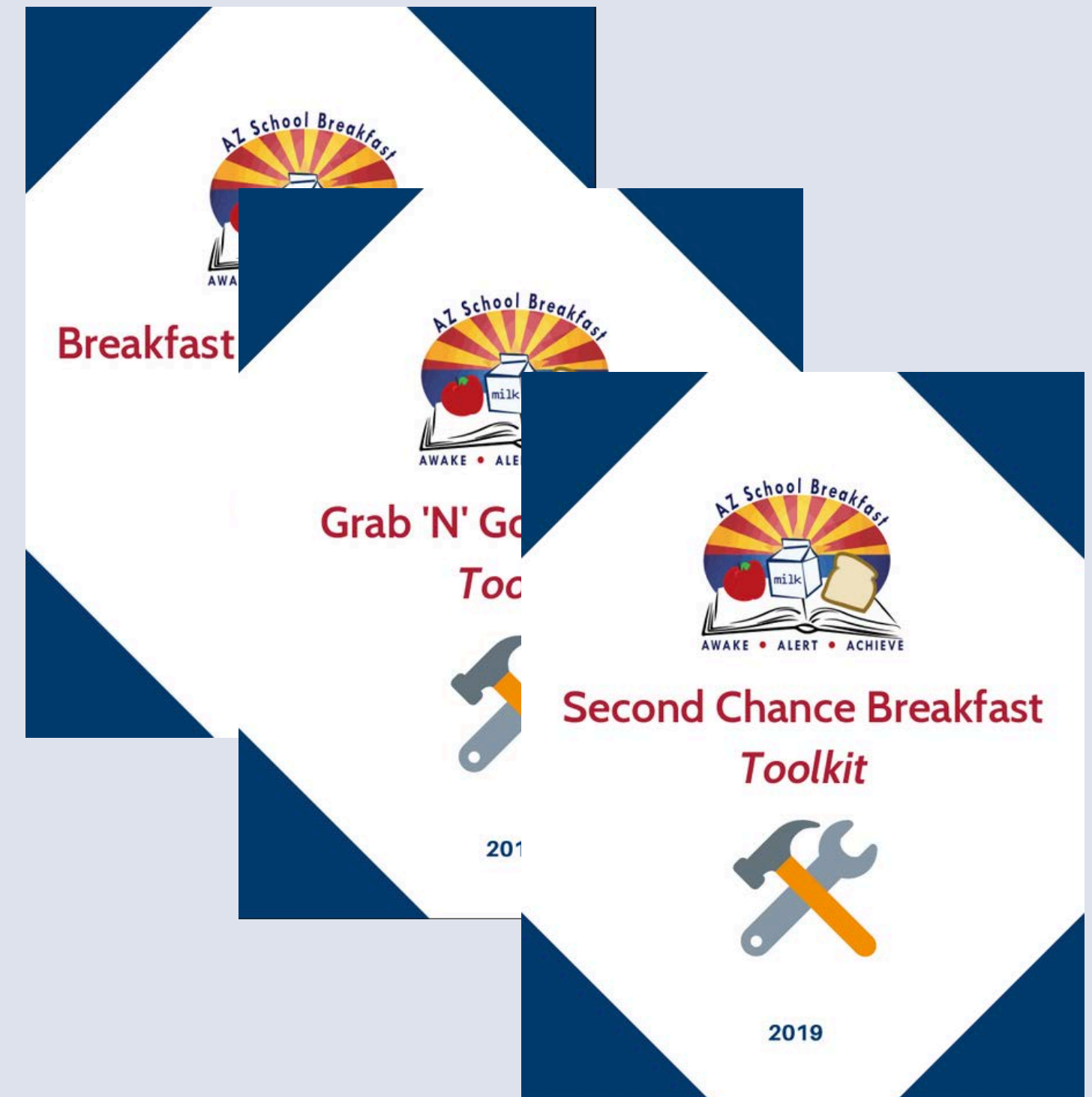
Alternative Breakfast Service Models

TOOLKITS

Alternative breakfast service models such as grab and go breakfast, breakfast in the classroom, and second chance breakfast have been shown to increase participation in the SBP. Consider implementing an alternative breakfast service model at your schools!

For more information and help getting started, please review the following toolkits.

- [Breakfast in the Classroom Toolkit](#)
- [Grab 'N' Go Breakfast Toolkit](#)
- [Second Chance Breakfast Toolkit](#)



CONTACT US

If you have a question or require additional assistance, please contact your assigned specialist or contact HNS.



602-542-8700



ContactHNS@azed.gov



www.azed.gov/hns





Congratulations

**You have completed the Step by Step Instruction:
How to Plan a Breakfast Menu for the School
Breakfast Program**

Information to include when documenting this
training for Professional Standards:

**Training Title:
How to Plan a Breakfast
Menu for the School
Breakfast Program**

**Key Area: 1000 – Nutrition
Learning Code: 1100
Length: 1.5 hours**

Please note, attendees must document the amount of training hours
indicated on the training despite the amount of time it takes to complete it.

Certificate

Requesting a training certificate

Please click the button to complete a brief survey about this online training. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey.



Information to include when documenting this training for Professional Standards:

Training Title:

**How to Plan a Breakfast
Menu for the School
Breakfast Program**

Key Area: 1000 – Nutrition

Learning Code: 1100

Length: 1.5 hours

Please note, attendees must document the amount of training hours indicated on the training despite the amount of time it takes to complete it.



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1. mail:
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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax:
(833) 256-1665 or (202) 690-7442; or
3. email:
Program.Intake@usda.gov

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