

# HHFKA Breakfast Meal Pattern

Meal Component	K - 5	6 - 8	9 - 12
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<b>Fruit</b> <sup>1</sup>	1 cup	1 cup	1 cup
Beginning SY 2014-15 must offer 1 cup fruit daily.			

<b>Grains</b> <sup>2</sup> K-5: 7 oz minimum – 10 weekly 6-8: 8 oz minimum – 10 weekly 9-12: 9 oz minimum – 10 weekly	1 oz eq.	1 oz eq.	1 oz eq.
Beginning SY 2014-15 <b>ALL</b> grains must be whole grain-rich.			

<b>Fluid Milk</b>	1 cup	1 cup	1 cup
1 cup ( 8 oz.) daily requirement			
May be fat-free flavored or unflavored milk, or 1% low-fat unflavored.			

<b>Calories</b>	350-500	400-550	450-600
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<b>Saturated Fat (% of total calories)</b>	<10%	<10%	<10%
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<b>Sodium (mg) (2014-15 Target)</b>	≤540	≤600	≤640
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<b>Trans Fat</b> Nutrition label or manufacturer specifications must show zero grams of trans fat per serving.			
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<sup>1</sup> For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).

<sup>2</sup> 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 plan age-appropriate meals that meet the meal pattern for calories, saturated fat and sodium requirements.