



USDA Reimbursable School Breakfast Requirements 2015-2016

Four essential components must be **offered** every day: 2 ½ cup servings of fruit, grain and milk. Children are only obliged to take 3 of those components.

	Minimum amount of food per week (and per day)		
	Grades K-5	Grades 6-8	Grades 9-12
Fruits	5 (1) cups	5 (1) cups	5 (1) cups
Grains	7-10 (1) oz.	8-10 (1) oz.	9-10 (1) oz.
Fluid Milk	5 (1) cups	5 (1) cups	5 (1) cups

Minimum and Maximum Nutrient and Calorie Levels for School Breakfasts (weekly averages)

Nutrients and Energy Allowances	Grades K-5	Grades 6-8	Grades 9-12
Energy allowances (Calories)	350-500	400-550	450-600
Saturated fat as a percentage of actual total food energy	Less than 10%	Less than 10%	Less than 10%
Sodium	≤540 mg	≤600 mg	≤640 mg
Trans Fat	Must indicate zero grams per serving on Nutritional label		

Fruit

- 50% of offering each day may be in the form of 100% juice but schools “should offer fresh fruit whenever possible”
- Vegetables may be offered in place of fruits

Grains

- All grain products must be whole grain-rich, (50% whole grains and the remaining grains must be enriched)
- Whole grain-rich foods need to meet at least one of the following criteria:
 - Whole grains per serving must not be less than 8 grams
 - Product includes FDA’s whole grain health claim on the packaging
 - Whole grains are first in product ingredients list
 - For non-mixed dishes (e.g., cereals) whole grains (one grain or combined) must be the primary ingredient by weight
 - For mixed dishes (e.g. pizza) whole grains must be the primary ingredient by weight
- School may substitute meat/meat alternative for grains once daily grains minimum is met

Milk

- Must offer two or more of the following options:
 - fat-free (unflavored or flavored)
 - low-fat (unflavored only)
 - fat-free or low-fat in lactose reduced or lactose free
- Must offer at least two choices
- Students may decline milk component under Offer vs. Serve rules