

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
<b>Fruits</b>	5 (1) cups	5 (1) cups	5 (1) cups
<b>Grains</b>	7-10 (1) oz.	8-10 (1) oz.	9-10 (1) oz.
<b>Fluid Milk</b>	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
<b>Energy allowances (Calories)</b>	350-500	400-550	450-600
<b>Saturated fat as a percentage of actual total food energy</b>	Less than 10%	Less than 10%	Less than 10%
<b>Sodium</b>	≤540 mg	≤600 mg	≤640 mg
<b>Trans Fat</b>	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