

## TRADITIONAL SCHOOL BREAKFAST PATTERN

U.S. Department of Agriculture, National School Breakfast Program		Minimum quantities required:
Meals must meet the Dietary Guidelines and nutrition standards when averaged over the course of a week.		
<b>Food components</b>	<b>Food Items</b>	Grades K-12
<b>MILK</b>	Fluid (As a beverage, on cereal, or both)	8 ounces
<b>VEGETABLES OR FRUIT</b>	Fruit and/or vegetable OR full-strength juice	½ cup
SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS <u>OR</u> TWO FROM ONE COMPONENT		
<b>GRAINS/ BREADS</b>	One of the following OR an equivalent combination:	
	Whole-grain or enriched bread	1 slice
	Whole grain or enriched biscuit, roll, muffin, etc.	1 serving
	Whole-grain, enriched or fortified cereal	¾ cup or 1 ounce
<b>MEAT OR MEAT ALTERNATE</b>  (Edible portion, as served)	Lean meat, poultry, fish, or cheese	1 ounce
	Alternate Protein Products	1 ounce
	Cheese	1 ounce
	Large egg	½ egg
	Peanut butter or other nut or seed butter	2 tbsp.
	Cooked dry beans or peas	4 tbsp.
	Nuts and/or seeds*	1 ounce
	Yogurt, plain or unflavored, unsweetened or sweetened	4 ounces (½ cup)

\*No more than 1 ounce of nuts and/or seeds may be served in any one meal.