

Grades: K-12

FBMP - Breakfast: 8 fl. oz. Fluid Milk; 1 c. Fruits/100% Juice (Juice is limited to no more than half of the total weekly offerings. All or some of the Fruits portion may be substituted with Vegetables as long as 2 cups of any non-starchy vegetables are planned before a starchy vegetable is planned for the week.); Minimum 9 oz. eq. of Grains per five-day week with all offerings from whole grain or whole grain-rich sources; may offer Meat/Meat Alternate for Grains after the minimum daily Grains requirement is met. Daily nutrient standards are based on the weekly average: 450-500 calories; <10% of total calories from saturated fat; sodium ≤540 mg; 0 grams trans fat-

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two choices required daily from: Fat-Free flavored or unflavored; 1% or less unflavored		Fat content(s)	1% or FF	FF	FF	
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.	
Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Fruits/100% Juice (1 c/day minimum)	Item	Peaches	100% Juice Blend	Banana	100% Orange Juice	Fruit in Season Cup
	Portion in cups	1 cup	1 cup	1 cup	1 cup	1 cup
2nd Fruits/100% Juice (If planned) OR Vegetables²	Item					
	Portion in cups					
Grains¹ (Minimum of 1 oz. eq. per day and 9 oz. eq. per week) All choices WG or WGR	Item	WG Sandwich Bagel	Cereal	Whole-grain Streusel Cake	Jumbo Fruit Muffin	Graham Crackers
	Portion in oz.¹ (Cooked cereal in cup measures)	1.5 oz	1 cup = 1 oz	2oz	2 oz	2 oz.
2nd Grains (If planned) OR Meat/Meat Alternate* (If planned)	Item	American Cheese	Raisin Cake Bread WG			
	Portion size or oz.	1 oz	1 oz			
Other Foods/ Condiments (If planned)	Contribution in oz.*	1 M/MA				
	Item				Margarine & Jelly	
	Portion size				1 tsp. each	

FOOD-BASED MEAL PATTERN – BREAKFAST TEMPLATE – FIVE DAYS – **SY 2014-2015 REQUIREMENTS**

Components Week 2	Menu Item Name & Info	Day 6	Day 7	Day 8	Day 9	Day 10
Fruits/100% Juice (1 c/day minimum)	Item	100% Fruit Juice Blend	Watermelon	100% White Grape Juice	Grapes	Cinnamon Apple Slices
	Portion in cups	1 cup	1 cup	1 cup	1 cup	1 cup
2nd Fruits/100% Juice (If planned) OR Vegetables²	Item					
	Portion in cups					
Grains¹ (Minimum of 1 oz. eq. per day and 9 oz. eq. per week) All choices WG or WGR	Item	Whole Wheat Cereal	Whole grain Bagel	WG English Muffin	Honey Bunches of Oats	WG pop tart
	Portion in oz.¹ (Cooked cereal in cup measures)	1 oz = 1C	1.5 oz	2 oz.	2oz = 1.5C	1 oz 1 tart
2nd Grains (If planned) OR	Item		Peanut Butter	Cheese Stick		
	Portion size or oz.	egg	2 tablespoons= 1 oz	1 oz		
Meat/Meat Alternate* (If planned)	Contribution in oz.*	1oz	1 M/MA	1 M/MA		
Other Foods/ Condiments (If planned)	Item		Jelly	Margarine		
	Portion size		1 pkt	1 pkt		

Please use specific product weights in comparison with the USDA Whole-Grain Rich Ounce Equivalency (oz. eq.) Requirements Chart. (½ cup cooked oatmeal provides 1 oz. eq. Whole Grain.)

***Contribution in oz.** is the **cooked** portion (if planning a meat substitution for part of the grain), i.e., ½ large egg or 2.13 oz. raw pork sausage yields 1 oz. **cooked** pork and each provides **1 oz.** M/MA.

² Vegetable substitution for Fruit is allowed; two (2) cups of any one or more non-starchy vegetable subgroups (R/O, DG, B/P or Other) must be planned before a starchy vegetable may be planned on any day during the same week. Under Offer Versus Serve (OVS), it is recommended that vegetable substitutions are made in at least ½ cup portions (i.e. ½ cup of fruit offered along with ½ cup of vegetables).

Note: A ½ cup portion of fruit, vegetable, or 100% juice is required with meals served under the OVS Provision and can be from a single source or from a combination of two or more smaller portions with 1/8 cup being the smallest creditable amount.

Note: FBMP = Food-Based Meal Pattern, eq. = equivalent, c = cup, WG or WGR = whole grain or whole grain-rich, M/MA = Meat/Meat Alternate, oz. eq. = grains, TFF= Trans Fat-Free.