School Breakfast Program (SBP)
Five-day Breakfast Meal Pattern for Grades 9-12

School Year 2025-26 (July 1, 2025, through June 30, 2026)

Meal components [1]	**Daily**	**Weekly**
Milk, fluid, cups [2] Low-fat (1%) or fat-free milk, unflavored or flavored	1	5
Fruits, cups [3] Vegetables may substitute for fruits [4] Fruit juice together with vegetable juice cannot exceed half of the weekly fruits and vegetables [5]	1	5
Grains [6]**, meats/meat alternates (MMA)** [7]**, or both, ounce equivalents (oz eq)** [8] Grains must be whole grain-rich (WGR) (at least 80 percent per week) or enriched (cannot exceed 20 percent per week) [9]	1	9-10

Dietary specifications (nutrition standards): Daily amount based on the average for a five-day week

Nutrition standards	**Grades 9-12**
Calories [10]	450-600
Saturated fat (percentage of total calories)	< 10
Sodium (milligrams): Target 1 through June 30, 2027	≤ 640

Five-day Breakfast Meal Pattern for Grades 9-12

Menu Planning Notes

[1] Breakfasts must include the minimum daily and weekly servings of the three meal components and may include larger amounts if the weekly menu meets the dietary specifications. Use the USDA's Food Buying Guide for Child Nutrition Programs (FBG) to determine how foods credit and the amount that provides the required meal pattern serving. Commercial processed foods not listed in the FBG require a Child Nutrition (CN) label or product formulation statement (PFS) to document crediting information. School food authorities (SFAs) must verify PFS forms for accuracy prior to purchasing, serving, and claiming the product in reimbursable meals. Foods made from scratch must have a standardized recipe that documents the crediting information per serving. For information on crediting documentation, refer to the Connecticut State Department of Education's (CSDE) resources, *Using Child Nutrition (CN) Labels in the School Nutrition Programs*, *Using Product Formulation Statements in the School Nutrition Programs*, and *Accepting Processed Product Documentation in the School Nutrition Programs*, and visit the CSDE's Crediting Documentation for the Child Nutrition Programs webpage. The CSDE's What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs training program provides comprehensive guidance on meeting the SBP meal pattern and crediting requirements.

[2] Allowable types of milk include low-fat (1%) and fat-free milk, either unflavored or flavored (cannot exceed 10 grams of added sugars per 8 fluid ounces). Allowable types of milk also include lactose-free and lactose-reduced milk, acidified milk, cultured milk, cultured buttermilk, and Ultra High Temperature (UHT). SFAs may choose which types of milk to offer but must serve a variety of milk, i.e., at least two different choices of fat content or flavor, including at least one unflavored choice. For children whose dietary needs do not constitute a disability, SFAs may choose to offer optional nondairy milk substitutes (such as soy milk) that meet the USDA's nutrition standards for fluid milk substitutes (7 CFR 210.10(d)(2)(ii)). For guidance, refer to the CSDE's resource, *Allowable Fluid Milk Substitutes for Non-Disability Reasons in the School Nutrition Programs*. For more information, visit the "Milk" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

[3] The fruits component includes fresh, frozen, and dried fruits, canned fruit in juice, water, or light syrup, and pasteurized 100 percent full-strength fruit juice. Fruits credit based on volume (cups), except dried fruits credit as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of the fruits component. For more information, visit the "Fruits" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

[4] Vegetables from any of the five vegetable subgroups (dark green, red/orange, beans, peas, and lentils, starchy, and other) may substitute for fruits. School food authorities (SFAs) that offer vegetable substitutions on one day per week may offer any vegetable, including a starchy vegetable. SFAs that offer vegetable substitutions on two or more days per week must offer vegetables from at least two different subgroups. The vegetables component includes fresh, frozen, canned, and rehydrated dried vegetables, and pasteurized 100 percent full-strength vegetable juice. Vegetables credit based on volume (cups), except raw leafy greens credit as half the volume served, e.g., 1 cup of lettuce or spinach credits as ½ cup of the vegetables component. A serving of canned vegetables must be drained. Dried vegetables (such as potato flakes and dried soup mix) credit based on their rehydrated volume and require a PFS. For more information, refer to the CSDE's resource, *Vegetable Subgroups in the National School Lunch Program*, and visit the "Vegetables" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

[5] Fruit and vegetable juices must be pasteurized 100 percent juices. The total cups of fruit and vegetable juices offered during the week cannot exceed half of the total cups of fruits and vegetables offered during the week. The juice limit includes all fruit and vegetable juices, frozen pops made from 100 percent juice, and pureed fruits and vegetables in smoothies. For crediting guidance, refer to the CSDE's resources, *Crediting Juices in the School Nutrition Programs* and *Crediting Smoothies in the School Nutrition Programs*.

[6] Grain products and standardized recipes must provide the required serving weight (groups A-E) or volume (groups H-I) in the USDA's Exhibit A chart (refer to the CSDE's resources, *Grain Ounce Equivalents Chart for the School Nutrition Programs* and *How to Use the Grain Ounce Equivalents Chart for the School Nutrition Programs*) or provide the minimum creditable grains (refer to the CSDE's resources, *Calculation Methods for Grain Ounce Equivalents for the Meal Patterns for School Nutrition Programs* and *When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs*). For more information, visit the "Grains" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

[7] The serving size of MMA refers to the edible portion of cooked lean meat, poultry, or fish, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. One oz eq equals 1 ounce of lean meat, poultry, or fish; 1 ounce of cheese; 2 ounces of cottage or ricotta cheese; ¼ cup of beans, pea, or lentils (refer to the CSDE's resource, *Crediting Beans, Peas, and Lentils in the School Nutrition Programs*); ½ large egg; 2 tablespoons of nut or seed butters (refer to the CSDE's resource, *Crediting Nuts and Seeds in the School Nutrition Programs*); 1 ounce of nuts or seeds, e.g., almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, pumpkin seeds, sunflower seeds, and soy nuts; ¼ cup (2.2 ounces) of commercial tofu

containing at least 5 grams of protein (refer to the CSDE's resource, *Crediting Tofu and Tofu Products in the School Nutrition Programs*); 1 ounce of tempeh; 3 ounces of surimi; ½ cup of yogurt or soy yogurt that contains no more than 12 grams of added sugars per 6 ounces, i.e., no more than 2 grams of added sugars per ounce (refer to the CSDE's resource, *Crediting Yogurt in the School Nutrition Programs*); and 1 ounce of alternate protein products (APPs) that meet the USDA requirements in appendix A of 7 CFR 210 (refer to the CSDE's resource, *Requirements for Alternate Protein Products in the School Nutrition Programs*). Commercial processed MMA products (such as combination entrees like breakfast pizza and egg sandwiches, deli meats, and sausages) require a CN label or PFS to document crediting information (refer to the CSDE's resources, *Crediting Commercial Meat/Meat Alternate Products in the School Nutrition Programs* and *Crediting Deli Meats in the School Nutrition Programs*). For more information, visit the "Meats and Meat Alternates" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

[8] SFAs may offer any combination of grains, MMA, or both. The weekly grains/MMA oz eq must be at least the minimum oz eq but may exceed the maximum oz eq. The maximum oz eq provide a guide for meeting the weekly dietary specifications.

[9] At least 80 percent of the weekly offered grains oz eq must be WGR (refer to the CSDE's resources, *Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the Meal Patterns for Grades K-12* and *Guide to Meeting the Whole Grain-rich Requirement for the Meal Patterns for Grades K-12 in the School Nutrition Programs*). Grains that are not WGR must be enriched and cannot exceed 20 percent of the weekly offered grains oz eq (refer to the CSDE's resource, *Crediting Enriched Grains in the School Nutrition Programs*). Foods in groups A-G (baked goods) and group H (cereal grains like rice, pasta, and quinoa) must meet two WGR criteria: 1) the grain content is between 50 and 100 percent whole grain with any remaining grains being enriched; and 2) noncreditable grains do not exceed 6.99 grams per portion. Cooked breakfast cereals (group H) and RTE breakfast cereals (group I) must meet three WGR criteria: 1) the first ingredient is a whole grain and the cereal is fortified, or the cereal is 100 percent whole grain; 2) noncreditable grains do not exceed 6.99 grams per portion; and 3) added sugars do not exceed 6 grams of per dry ounce (refer to the CSDE's resource, *Crediting Breakfast Cereals in the School Nutrition Programs*). Breakfast cereals that are not WGR must be enriched or fortified and cannot exceed 6.99 grams of noncreditable grains per portion. Fortification is not required for 100 percent whole-grain cereals.

Five-day Breakfast Meal Pattern for Grades 9-12

[10] The weekly breakfast menu's average daily calories must be at least the minimum but cannot exceed the maximum. For more information on the dietary specifications, refer to the CSDE's *Guide to the Dietary Specifications for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12* and visit the "Dietary Specifications" section of the CSDE's Meal Patterns for Grades K-12 in School Nutrition Programs webpage.

For more information on the SBP meal patterns, visit the CSDE's Meal Patterns for Grades K-12 in School Nutrition Programs webpage, Crediting Foods in School Nutrition Programs webpage, and Menu Planning Guidance for School Meals for Grades K-12 webpage, or contact the school nutrition programs staff at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/sbp/mealpattern/sbp_meal_pattern_5day_grades_9-12.pdf.

CONNECTICUT
Education

Five-day Breakfast Meal Pattern for Grades 9-12

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/ad-3027.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race; color; religious creed; age; sex; pregnancy; sexual orientation; workplace hazards to reproductive systems, gender identity or expression; marital status; national origin; ancestry; retaliation for previously opposed discrimination or coercion, intellectual disability; genetic information; learning disability; physical disability (including, but not limited to, blindness); mental disability (past/present history thereof); military or veteran status; status as a victim of domestic violence; or criminal record in state employment, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes. Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Attorney Louis Todisco, Connecticut State Department of Education, by mail 450 Columbus Boulevard, Hartford, CT 06103-1841; or by telephone 860-713-6594; or by email louis.todisco@ct.gov.