





National School Lunch Program and School Breakfast Program
Meal Patterns for Grades K-12



Module 16 Worksheet: Meal or No Meal Breakfast Edition

Each breakfast menu below is planned to provide at least the minimum daily serving of the required food items for the breakfast meal pattern for grades K-12, including grains (G) with meat/meat alternate (MMA) substitutions), fruits (F) with vegetable substitutions, and milk (M). Review the breakfast menu and determine if each student has selected a reimbursable meal. Students must select at least three food items for a reimbursable meal, including at ½ cup of fruits, vegetables, or both.

Breakfast Menu 1 for Grades K-12










Breakfast Menu 1 for Grades K-12

2 G 2 oz eq  1 F ½ cup 

1 F ½ cup  1 M 1 cup 

5 food items


This breakfast menu offers five food items from the three required components, including a 2 oz eq whole-grain bagel (2 G), ½ cup of banana (1 F), ½ cup of orange (1 F), and a choice of low-fat or fat-free milk (1 M).

Student selects	Meal or no meal?
 	<input type="checkbox"/> ≥ 3 food items <input type="checkbox"/> ≥ ½ cup fruit or vegetable substitution <input type="checkbox"/> Meal <input type="checkbox"/> No meal
 	<input type="checkbox"/> ≥ 3 food items <input type="checkbox"/> ≥ ½ cup fruit or vegetable substitution <input type="checkbox"/> Meal <input type="checkbox"/> No meal
  	<input type="checkbox"/> ≥ 3 food items <input type="checkbox"/> ≥ ½ cup fruit or vegetable substitution <input type="checkbox"/> Meal <input type="checkbox"/> No meal
 	<input type="checkbox"/> ≥ 3 food items <input type="checkbox"/> ≥ ½ cup fruit or vegetable substitution <input type="checkbox"/> Meal <input type="checkbox"/> No meal

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Breakfast Menu 2 for Grades K-12


Breakfast Menu 2 for Grades K-12



2 G
2 oz eq



1 F
½ cup






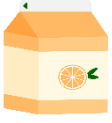


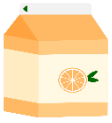

1 F
½ cup



1 M
1 cup

☑ 5 food items

This breakfast menu offers five food items from the three required components, including 2 oz eq of whole grain-rich waffles (2 G), ½ cup of orange juice (1 F), ½ cup of green grapes (1 F), and a choice of low-fat or fat-free milk (1 M).

Student selects	Meal or no meal?
 	<input type="checkbox"/> ≥ 3 food items <input type="checkbox"/> ≥ ½ cup fruit or vegetable substitution <div style="display: flex; justify-content: space-around; margin-top: 5px;"> <input type="checkbox"/> Meal <input type="checkbox"/> No meal </div>
  	<input type="checkbox"/> ≥ 3 food items <input type="checkbox"/> ≥ ½ cup fruit or vegetable substitution <div style="display: flex; justify-content: space-around; margin-top: 5px;"> <input type="checkbox"/> Meal <input type="checkbox"/> No meal </div>
  	<input type="checkbox"/> ≥ 3 food items <input type="checkbox"/> ≥ ½ cup fruit or vegetable substitution <div style="display: flex; justify-content: space-around; margin-top: 5px;"> <input type="checkbox"/> Meal <input type="checkbox"/> No meal </div>

Module 16 Worksheet: Meal or No Meal Breakfast Edition

Breakfast Menu 3 for Grades K-12

Breakfast Menu 5 for Grades K-12

May choose any 2 **2 G** Must choose 1 or 2 **2 F**

1 oz eq each ½ cup each

May choose any 1 **1 M**

1 cup

5 food items


This breakfast menu offers five food items from the three required components, including a choice of any two 1 oz eq food items from the grains component (2 G), ½ cup of orange juice (1 F), ½ cup of green grapes (1 F), and a choice of low-fat or fat-free milk (1 M).

Student selects	Meal or no meal?
	<input type="checkbox"/> ≥ 3 food items <input type="checkbox"/> ≥ ½ cup fruit or vegetable substitution <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 3 food items <input type="checkbox"/> ≥ ½ cup fruit or vegetable substitution <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 3 food items <input type="checkbox"/> ≥ ½ cup fruit or vegetable substitution <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 3 food items <input type="checkbox"/> ≥ ½ cup fruit or vegetable substitution <input type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input type="checkbox"/> ≥ 3 food items <input type="checkbox"/> ≥ ½ cup fruit or vegetable substitution <input type="checkbox"/> Meal <input type="checkbox"/> No meal

Module 16 Worksheet: Meal or No Meal Breakfast Edition


Breakfast Menu 4 for Grades K-12

Breakfast Menu 4 for Grades K-12




4 G

2 oz eq grains
2 oz eq MMA




2 F

1 cup









1 M

1 cup



7 food items

This breakfast menu offers seven food items from the three required components, including a breakfast sandwich of egg, ham, and cheese (4 G including meat/meat alternate substitutions) on an enriched English muffin (2 G), 1 cup of fruit salad (2 F), and a choice of low-fat or fat-free milk (1 M).

Student selects	Meal or no meal?
 	<input type="checkbox"/> ≥ 3 food items <input type="checkbox"/> $\geq \frac{1}{2}$ cup fruit or vegetable substitution <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <input type="checkbox"/> Meal <input type="checkbox"/> No meal </div>
 	<input type="checkbox"/> ≥ 3 food items <input type="checkbox"/> $\geq \frac{1}{2}$ cup fruit or vegetable substitution <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <input type="checkbox"/> Meal <input type="checkbox"/> No meal </div>
 	<input type="checkbox"/> ≥ 3 food items <input type="checkbox"/> $\geq \frac{1}{2}$ cup fruit or vegetable substitution <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <input type="checkbox"/> Meal <input type="checkbox"/> No meal </div>



Module 16 Worksheet: Meal or No Meal Breakfast Edition

Breakfast Menu 5 for Grades K-12


Breakfast Menu 5 for Grades K-12

5 food items




May choose any 2 **2 G** Must choose 1 or 2 **2 F**

May choose any 1 **1 M**



This breakfast menu offers five food items from the three required components, including a choice of any two 1 oz eq food items from the grains component including MMA substitutions of yogurt and a mozzarella cheese stick (2 G), any two ½ cup food items from the fruits component (red apple, orange, pear, and blueberries) (2 F), and a choice of low-fat or fat-free milk (1 M).

Student selects	Meal or no meal?
	<input checked="" type="checkbox"/> ≥ 3 food items: 2G, 1F <input checked="" type="checkbox"/> ≥ ½ cup fruit or vegetable substitution <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input checked="" type="checkbox"/> ≥ 3 food items: 2G, 1F <input checked="" type="checkbox"/> ≥ ½ cup fruit or vegetable substitution <input checked="" type="checkbox"/> Meal <input type="checkbox"/> No meal
	<input checked="" type="checkbox"/> ≥ 3 food items: 2G, 1M <input type="checkbox"/> ≥ ½ cup fruit or vegetable substitution <input type="checkbox"/> Meal <input checked="" type="checkbox"/> No meal

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The CSDE's *What's in a Meal* training program is a series of recorded modules that provide comprehensive guidance on complying with the meal patterns for grades K-12 in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Seamless Summer Option (SSO) of the NSLP. To access the training modules, visit the CSDE's [Meal Pattern Training for School Nutrition Programs](#).

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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

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