Schedule B

School Breakfast Pattern for Traditional Food Based Menu Planning

Meal Components	Minimum Quantities			USDA Recommendation
	Ages 1-2	Ages 3,4,5	Grades K-12	
Milk (Fluid): As a beverage, on cereal or both.	1/2 cup (4 fl oz)	3/4 cup (6 fl oz)	1 cup (8 fl oz)	Whole milk for children 1-2 years of age Lowfat, skim, or buttermilk for children over the age of 2
Juice/Fruit/Vegetable: Fruit and/or vegetable; or full-strength fruit juice or vegetable juice.	1/4 cup	1/2 cup	1/2 cup	A juice or fruit or vegetable that is a good source of Vitamin C
Select one serving from each of the following components or two servings from one component:				
Grains/Breads: One of the following or an equivalent combination:				
• Whole-grain or enriched bread	1/2 slice	1/2 slice	1 slice	See *Food Buying Guide for Child Nutrition Programs*, PA-1331, for serving sizes.
• Whole-grain or enriched biscuit, roll, muffin, etc.	1/2 serving	1/2 serving	1 serving	
• Whole-grain, enriched or fortified cereal.	1/4 cup or 1/3 ounce	1/3 cup or 1/2 ounce	3/4 cup or 1 ounce	(whichever is less)
Meat/Meat Alternates: One of the following or an equivalent combination:				
• Lean meat, poultry or fish	1/2 ounce	1/2 ounce	1 ounce	No more than 1 ounce of nuts or seeds may be served in any one meal.
** • Alternate protein products (APP)	1/2 ounce	1/2 ounce	1 ounce	
• Cheese	1/2 ounce	1/2 ounce	1 ounce	
• Large egg	1/2 egg	1/2 egg	1/2 egg	
• Peanut butter or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.	Caution: Children under 5 are at a higher risk of choking than older children. It is recommended that nuts and/or seeds be served ground or finely chopped in a prepared food.
• Cooked dry beans/peas	2 Tbsp.	2 Tbsp.	4 Tbsp.	
• Nuts and/or seeds	1/2 ounce	1/2 ounce	1 ounce	
• Yogurt, plain or flavored, unsweetened or sweetened (frozen yogurt not allowed)	2 ounces or 1/4 cup	2 ounces or 1/4 cup	4 ounces or 1/2 cup	

**Alternate Protein Products (APP) are also known as Vegetable Protein Products (VPP).

Note: For infants 3-11 months, see page 11.2, Meal Pattern for Infants.