

BREAKFAST FOOD BASED MEAL PATTERN

Minimum Quantities for Breakfast Meal Pattern

<i>Meal Component</i>	Minimum Quantities required for		
	Ages 1-2	Ages 3, 4, and 5	Grades K-12
Milk (Fluid) (As a beverage, on cereal or both)	4 fl. oz. or ½ cup	6 fl. oz. or ¾ cup	8 fl. oz. or 1 cup
Juice/Fruit/Vegetable Fruit and/or vegetable; or full strength fruit juice or vegetable juice	¼ cup	½ cup	½ cup
Select <u>ONE</u> serving from each of the following components or <u>two</u> servings from one meal component:			
Grains/Breads One of the following or an equivalent combination: Whole grain or enriched bread Whole grain or enriched biscuit/roll, muffin, etc. Whole grain, enriched or fortified cereal.	½ slice ½ serving ¼ cup or 1/3 oz.	½ slice ½ serving 1/3 cup or ½ oz.	1 slice 1 serving ¾ cup or 1 oz.
Meat or Meat Alternates: Meat, poultry or fish Alternate Protein Product ² Cheese Egg (large) Peanut butter or other nut or seed butters Cooked dry bean and peas Yogurt, plain or flavored, unsweetened or sweetened Nut and/or seeds (see note) ¹	½ oz. ½ oz. ½ oz. ½ 1 Tablespoon 2 Tablespoons 2 oz. or ¼ cup ½ oz.	½ oz. ½ oz. ½ oz. ½ 1 Tablespoon 2 Tablespoons 2 oz. or ¼ cup ½ oz.	1 oz. 1 oz. 1 oz. ½ 2 Tablespoons (#30 scoop) 4 Tablespoons 4 oz. or ½ cup 1 oz.

Note: ¹No more than 1 oz. of nuts and or seeds may be served in any one breakfast.

²Must meet standard of Appendix A of CFR 210.

An alternate protein product whether used alone or in combination with meat or other meat alternates must meet the following criteria:

- a. The alternate protein product must be processed so that some portion of the non-protein constituents of the food is removed. These alternate protein products must be safe and suitable edible products produced from plant or animal sources.
- b. The biological quality of the protein in the alternate protein product must be at least 80 % that of casein, determined by performing a Protein Digestibility Corrected Amino Acid Score (PDCAAS).
- c. The alternate protein product must contain at least 18 % protein by weight when fully hydrated or formulated. (“When hydrated or formulated” refers to a dry alternate protein product and the amount of water, fat, oil, colors, flavors or any other substances which have been added).
- d. Manufacturers supplying an alternate protein product to participating schools or institutions must provide documentation that the product meets the criteria in paragraphs A, a through c of this appendix.
- e. Manufacturers should provide information on the percent protein contained in the dry alternate protein product and on an as prepared basis.
- f. For an alternate protein product mix, manufacturers should provide information on:
 - (1) the amount by weight of dry alternate protein product in the package;
 - (2) hydration instructions; and
 - (3) instructions on how to combine the mix with meat or other meat alternates.