

Combined Grains And Meats/ Meat Alternates Component

Minimum Requirements for Schools

BREAKFAST

Grades	Daily	Weekly
K–5	1 oz eq	7–10 oz eq
6–8	1 oz eq	8–10 oz eq
9–12	1 oz eq	9–10 oz eq

- The minimum creditable serving is 0.25 oz eq; the weekly grains/MMA must be at least the minimum but may exceed the maximum.
- Schools may offer grains, meats/meat alternates (MMA), or a combination of both to meet the daily and weekly ounce equivalents for this combined component.
- At least 80 percent of grains offered weekly at breakfast must be whole grain-rich, and the remaining grain items offered must be enriched.
- Nuts and seeds and their butters credit for the full meats/meat alternates component.



- The following schools may serve any vegetable to meet the grains component:
 - Schools in American Samoa, Guam, Hawaii, Puerto Rico, and the U.S. Virgin Islands.
 - School food authorities and schools that are:
 - Tribally operated,
 - Operated by the Bureau of Indian Education, or
 - Primarily serving American Indian or Alaska Native children.

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