



Grains 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

LUNCH

Grades	Daily	Weekly
K-5	1 oz eq	8-9 oz eq
6-8	1 oz eq	8-10 oz eq
9-12	2 oz eq	10-12 oz eq

- At least 80% of grains offered weekly at lunch and breakfast must be whole grain-rich; the remaining grain items offered must be enriched.
- Up to 2 oz eq grains per week may be credited in the form of a grain-based dessert.

Note: At breakfast, schools may substitute 1 oz eq of grains after the minimum daily requirement is met.



This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider, employer, and lender.

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Suggested Reference Citation:

Institute of Child Nutrition. (2023). *Meal pattern mini-poster. Grains component*. University, MS: Author.

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02/28/2023