

Meal Pattern

National School Lunch & Breakfast Program

Breakfast

	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week ^b (Minimum Per Day)		
Fruits (cups) ^{cd}	5 (1)	5 (1)	5 (1)
Vegetables (cups) ^{cd}	0	0	0
Dark green ^f	0	0	0
Red/Orange ^f	0	0	0
Beans/Peas (Legumes) ^f	0	0	0
Starchy ^f	0	0	0
Other ^{fg}	0	0	0
Additional Vegetables to Reach Total ^h	0	0	0
Grains (oz eq) ⁱ	7 (1)	8 (1)	9 (1)
Meats/Meat Alternates (oz eq)	0 ^k	0 ^k	0 ^k
Fluid Milk (cups) ^l	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

Min-Max Calories (kcal) ^{mn}	350-500	400-550	450-600
Saturated Fat (% of total calories) ⁿ	<10	<10	<10
Sodium (mg) ⁿ	≤540mg	≤600mg	≤640mg
Trans Fat ⁿ	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		

Lunch

	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week ^b (Minimum Per Day)		
Fruits (cups) ^{cd}	2 1/2 (1/2)	2 1/2 (1/2)	5 (1)
Vegetables (cups) ^{cd}	3 3/4 (3/4)	3 3/4 (3/4)	5 (1)
Dark green ^f	1/2	1/2	1/2
Red/Orange ^f	3/4	3/4	1 1/4
Beans/Peas (Legumes) ^f	1/2	1/2	1/2
Starchy ^f	1/2	1/2	1/2
Other ^{fg}	1/2	1/2	3/4
Additional Vegetables to Reach Total ^h	1	1	1 1/2
Grains (oz eq) ⁱ	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (oz eq)	8 (1)	9 (1)	10 (2)
Fluid Milk (cups) ^l	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

Min-Max Calories (kcal) ^{mn}	550-650	600-700	750-850
Saturated Fat (% of total calories) ⁿ	<10	<10	<10
Sodium (mg) ⁿ	≤1230mg	≤1360mg	≤1420wmg
Trans Fat ⁿ	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		

^b Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.

^c One quarter-cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^d For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).

^f Larger amounts of these vegetables may be served.

^g This category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

^h Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

ⁱ At least half of the grains offered in the SBP & NSLP must be whole grain-rich beginning July 1, 2019 (SY 2019-2020). All remaining grains served must be enriched.

^k There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

^l Fluid milk must be low-fat (1 percent milk fat or less) or fat-free (unflavored or flavored). Unflavored milk must be offered at each meal service.

^m The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

ⁿ Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

