

Meal Pattern

Combined Grade Groups
NSLP & SBP Meal Patterns

Breakfast	Grades K-8	Grades K-12
	Total Portions Per Week ^b (Minimum Portions Per Day)	
Fruits (cups) ^{cd}	5 (1) cups	5 (1) cups
Vegetables (cups) ^{cd}	0 cups	0 cups
Grains (oz eq) ⁱ	8 (1) oz eq	9 (1) oz eq
Meats/Meat Alternates (oz eq)	0 ^k oz eq	0 ^k oz eq
Fluid Milk (cups) ^l	5 (1) cups	5 (1) cups

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

Calories: Minimum-Maximum ^{mn}	400-500	450-500
Saturated Fat (% of total calories) ⁿ	<10%	<10%
Sodium (mg - milligrams) ⁿ	≤485 mg	≤485 mg
Trans Fat (in processed foods) ⁿ	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.	
Daily Grains ^k to Reach Weekly Requirement	3 - 2 oz. eq. days and 2 - 1 oz. eq. days	4 - 2 oz. eq. days and 1 - 1 oz. eq. day

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

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

Calories: Minimum-Maximum ^{mn}	600-650
Saturated Fat (% of total calories) ⁿ	<10%
Sodium (mg) ⁿ	≤935 mg
Trans Fat (in processed foods) ⁿ	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.
Daily Grains to Reach Weekly Requirement	3 - 2 oz. eq. days and 2 - 1 oz. eq. days
Daily Meats/Meat Alternates to Reach Weekly Requirement	4 - 2 oz. eq. days and 1 - 1 oz. eq. day

^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 All grains offered in the SBP & NSLP must be whole grain-rich.

^k Fluid milk may be fat-free or low-fat (1%) if unflavored. Flavored milk must be fat-free. Unflavored milk must be offered at each meal service.

^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.

