

# LUNCH MEAL PATTERN

Meal Pattern Requirements	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fruits (cups) <sup>b</sup>	1/2	2 1/2	1/2	2 1/2	1	5
Vegetables (cups) <sup>b,c,e</sup>	3/4	3 3/4	3/4	3 3/4	1	5
Dark Green <sup>c</sup>		1/2		1/2		1/2
Red/Orange <sup>c</sup>		3/4		3/4		1 1/4
Beans/Peas (Legumes) <sup>c</sup>		1/2		1/2		1/2
Starchy <sup>c</sup>		1/2		1/2		1/2
Other <sup>c,d</sup>		1/2		1/2		3/4
Additional Veg to Reach Total		1		1		1 1/2
Grains (oz eq) <sup>f</sup>	1	8	1	8	2	10
Meat/ Meat Alternates (oz eq)	1	8	1	9	2	10
Fluid Milk (cups) <sup>g</sup>	1	5	1	5	1	5
Min-Max Calories <sup>h</sup>	550-650		600-700		750-850	
Saturated Fat (% Of total calories) <sup>h</sup>	<10		<10		<10	
Sodium (mg) <sup>h,i</sup>	≤1230		≤1360		≤1420	
Trans fat <sup>h</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.					

<sup>a</sup> Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.

<sup>b</sup> 1/4 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 percent full-strength.

<sup>c</sup> Larger amounts of these vegetables may be served.

<sup>d</sup> This category consists of *Other Vegetables* as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, the *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).

<sup>e</sup> Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

<sup>f</sup> **All weekly grains items (or products) must be whole grain-rich.**

<sup>g</sup> All fluid milk must be lowfat (1 percent or less, unflavored) or fat-free (unflavored or flavored) for ages 6 and older. Children 5 and under are only allowed unflavored milk, unless comingled (SP37-2017). Operators are **required** to offer unflavored fluid milk at each meal service.

<sup>h</sup> 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, or sodium. Foods of minimal nutritional value (FMNV) and fluid milk with fat content greater than 1 percent are not allowed.

<sup>i</sup> Target 1 Sodium will be met through SY2023-2024. Target 2 Sodium must be met no later than SY2024-2025. See required intermediate specifications in §210.10(f)(3).

# BREAKFAST MEAL PATTERN

Meal Pattern Requirements	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fruits (cups) <sup>b</sup>	1	5	1	5	1	5
Vegetables (cups) <sup>b,c</sup>		0		0		0
Dark Green <sup>c</sup>		0		0		0
Red/Orange <sup>c</sup>		0		0		0
Beans/Peas (Legumes) <sup>c</sup>		0		0		0
Starchy <sup>c</sup>		0		0		0
Other <sup>c,d</sup>		0		0		0
Additional Veg to Reach Total		0		0		0
Grains (oz eq) <sup>f</sup>	1	7	1	8	1	9
Meat/ Meat Alternates (oz eq)		0 <sup>j</sup>		0 <sup>j</sup>		0 <sup>j</sup>
Fluid Milk (cups) <sup>g</sup>	1	5	1	5	1	5
Min-Max Calories <sup>h</sup>	350-500		400-550		450-600	
Saturated Fat (% Of total calories) <sup>h</sup>	<10		<10		<10	
Sodium (mg) <sup>h,i</sup>	≤540		≤600		≤640	
Trans fat <sup>h</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.					

- <sup>a</sup> Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.
- <sup>b</sup> 1/4 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 percent full-strength.
- <sup>c</sup> Larger amounts of these vegetables may be served.
- <sup>d</sup> Vegetables are not required in the SBP, but schools may choose to offer vegetables in place of fruit. To offer starchy vegetables in place of fruits, at least 2 cups of red/orange, dark green, or “other” vegetable subgroups must be offered on a menu within the week.
- <sup>e</sup> Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
- <sup>f</sup> All weekly grains items (or products) must be whole grain-rich.
- <sup>g</sup> All fluid milk must be lowfat (1 percent or less, unflavored) or fat-free (unflavored or flavored) for ages 6 and older. Children 5 and under are only allowed unflavored milk, unless comingled (SP37-2017). Operators are **required** to offer unflavored fluid milk at each meal service.
- <sup>h</sup> 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, or sodium. Foods of minimal nutritional value (FMNV) and fluid milk with fat content greater than 1 percent are not allowed.
- <sup>i</sup> Target 1 Sodium will be met through SY2023-2024. Target 2 Sodium must be met no later than SY2024-2025. See required intermediate specifications in §210.10(f)(3).
- <sup>j</sup> 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.