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| **Lunch Meal Pattern** |
| **FRUITS** | **Grades K-5** | **Grades 6-8** | **Grades 9-12** |
| **Meal Pattern** | **Per Week** | **Min Per Day** | **Per Week** | **Min Per Day** | **Per Week** | **Min Per Day** |
| **Fruits (cups) a** | 2.5  | 0.5 | 2.5  | 0.5 | 5  | 1 |
| **VEGETABLES** | **Grades K-5** | **Grades 6-8** | **Grades 9-12** |
| **Meal Pattern** | **Per Week** | **Min****Per Day** | **Per Week** | **Min****Per Day** | **Per Week** | **Min** **Per Day** |
| **Vegetables (cups) a** | 3.75  | 0.75 | 3.75  | 0.75 | 5  | 1 |
| * **Dark green b**
 | 0.5 |  | 0.5 |  | 0.5 |  |
| * **Red/Orange b**
 | 0.75 |  | 0.75 |  | 1.25 |  |
| * **Beans/Peas (Legumes) b**
 | 0.5 |  | 0.5 |  | 0.5 |  |
| * **Starchy b**
 | 0.5 |  | 0.5 |  | 0.5 |  |
| * **Other b, c**
 | 0.5 |  | 0.5 |  | 0.75 |  |
| **Additional Veg to** **Reach Total d** | 1 |  | 1 |  | 1.5 |  |
| **MEATS** | **Grades K-5** | **Grades 6-8** | **Grades 9-12** |
| **Meal Pattern** | **Per Week** | **Min****Per Day** | **Per Week** | **Min****Per Day** | **Per Week** | **Min** **Per Day** |
| **Meats/Meat Alternates** **(oz eq)** | 8-10  | 1 | 9-10  | 1 | 10-12  | 2 |
| **GRAINS** | **Grades K-5** | **Grades 6-8** | **Grades 9-12** |
| **Meal Pattern** | **Per Week** | **Min****Per Day** | **Per Week** | **Min****Per Day** | **Per Week** | **Min** **Per Day** |
| **Grains (oz eq) e** | 8-9  | 1 | 8-10  | 1 | 10-12 | 2 |
| **AT LEAST HALF OF THE GRAINS OFFERED WEEKLY MUST BE WHOLE GRAIN-RICH** |
| **MILK** | **Grades K-5** | **Grades 6-8** | **Grades 9-12** |
| **Meal Pattern** | **Per Week** | **Min Per Day** | **Per Week** | **Min Per Day** | **Per Week** | **Min Per Day** |
| **Fluid milk(cups) f** | 5 | 1 | 5  | 1 | 5  | 1 |
| **DIETARY SPECIFICATIONS**(Weighted weekly averages) | **Grades K-5** | **Grades 6-8** | **Grades 9-12** |
| **Calories g** | 550-650 | 600-700 | 750-850 |
| **Saturated Fat g**(% of total calories) | <10 | <10 | <10 |
| **Sodium** (milligrams) **g, h** | ≤ 935 | ≤ 1,035 | ≤ 1,080 |
| **Trans Fat** (grams) **g, i** | Nutrition label or manufacturer specifications must indicate zero grams trans fat per serving |

a One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ 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.

b Larger amounts of these vegetables may be served.

c This category consists of “Other vegetables” as defined in paragraph (c)(2)(iii)(E) of this section. 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 paragraph (c)(2)(iii) of this section.

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

e At least half of the grains offered weekly must be whole grain-rich as specified in FNS guidance, and the remaining grain items offered must be enriched.

f All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored provided that unflavored milk is offered at each meal service.

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

h Sodium Target 1 is effective from July 1, 2014 (SY 2014-2015) through June 30, 2024 (SY 2023-2024). Sodium Target 2 (shown) is effective July 1, 2024 (SY 2024-2025).

i Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.

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