

Lunch Meal Pattern (5-Day School Week)

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 Vegetable 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 80% OF THE GRAINS OFFERED WEEKLY MUST BE WHOLE GRAIN-RICH. ^e						
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	Grades K-5		Grades 6-8		Grades 9-12	
Daily amount based on the average for a 5-Day Week)						
Calories ^{g, h}	550-650		600-700		750-850	
Saturated Fat ^h (% of total calories)	<10		<10		<10	
Sodium Interim Target 1 (milligrams) ^h Effective July 1, 2022	≤ 1,230		≤ 1,360		≤ 1,420	
Sodium Interim Target 1A (milligrams) ^{h, i} Effective July 1, 2023	≤ 1,110		≤ 1,225		≤ 1,280	
Trans Fat (grams) ^{h, 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 7 CFR 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 in 7 CFR 210.10(c)(2)(iii).

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

^e At least 80 percent of grains offered weekly must meet the whole grain-rich criteria specified in FNS guidance, and the remaining grain items offered must be enriched

^f SFAs must offer at least two different varieties of fluid milk. All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be flavored or unflavored, 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).

^h 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.

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

^j Sodium Interim Target 1A must be met no later than July 1, 2023 (SY 2023-2024).

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