

# MEAL PATTERN

## COMBINED GRADE GROUPS NSLP & SBP MEAL PATTERNS

### BREAKFAST

			Grades K-8	Grades 9-12
			Total Portions Per Week (Minimum Portions Per Day)	
Fruits (cups)	And/Or	Vegetables (cups)*	5 (1) cups	5 (1) cups
Grains (oz eq)	And/Or	Meats/Meat Alternates (oz eq)	8 (1) oz eq	9 (1) oz eq
Fluid Milk (cups)			5 (1) cups	5 (1) cups

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

<b>Calories: Minimum-Maximum</b>	400-500	450-500	
<b>Saturated Fat (% of total calories)</b>	<10%	<10%	
<b>Sodium (mg - milligrams)</b>	<540mg for <b>K-5</b>	<600 mg for <b>6-8</b>	<640 mg for <b>9-12</b>
<b>Daily Grains and/or Meat/Meat Alternates to reach Weekly Requirement</b>	3 - 2 oz. eq. days and 2 - 1 oz. eq. days	4 - 2 oz. eq. days and 1 - 1 oz. eq. day	

\* Please see the [Final Rule 2024](#) for more information and contact the state agency for guidance on offering vegetables at breakfast. For School Year 2024-25, Congress has provided schools the option to offer any vegetables in place of fruits at breakfast (no subgroup requirements). Finalizes the proposal to allow schools to continue to substitute vegetables for fruits at breakfast and updates the vegetable variety requirement as proposed with an implementation date of July 1, 2024.

### LUNCH

		Grades K-8	Grades 9-12
		Total Portions Per Week (Minimum Portions Per Day)	
Fruits (cups)		2 1/2 (1/2) cups	5 (1) cups
Vegetables (cups)		3 3/4 (3/4) cups	5 (1) cups
Dark Green		1/2 cup	1/2 cup
Red/Orange		3/4 cup	1 1/4 cups
Beans, Peas, and Lentils		1/2 cup	1/2 cup
Starchy		1/2 cup	1/2 cup
Other		1/2 cup	3/4 cup
Additional Vegetables to Reach Weekly Total		1 cup	1 1/2 cups
Grains (oz eq)		8 (1) oz eq	10 (2) oz eq
Meats/Meat Alternates (oz eq)		9 (1) oz eq	10 (2) oz eq
Fluid Milk (cups)		5 (1) cups	5 (1) cups

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

<b>Calories: Minimum-Maximum</b>	600-650	750-850	
<b>Saturated Fat (% of total calories)</b>	<10%	<10%	
<b>Sodium (mg)</b>	<1,110 mg for <b>K-5</b>	<1,225 mg for <b>6-8</b>	<1,280 mg for <b>9-12</b>
<b>Daily Grains to Reach Weekly Requirement</b>	3 - 2 oz. eq. days and 2 - 1 oz. eq. days	5 - 2 oz. eq. days	
<b>Daily Meats/Meat Alternates to Reach Weekly Requirement</b>	4 - 2 oz. eq. days and 1 - 1 oz. eq. day	5 - 2 oz. eq. days	

For current nutrition standard requirements, go to [www.fns.usda.gov/cn/nutrition-standards-school-meals](http://www.fns.usda.gov/cn/nutrition-standards-school-meals)



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