

Meal Pattern

National School Lunch & Breakfast Program

Breakfast

	Grades K-5	Grades 6-8	Grades 9-12
Amount of Food Per Week (Minimum Per Day)			
Fruits (cups)	5 (1) cups	5 (1) cups	5 (1) cups
Vegetables (cups)	0 cups	0 cups	0 cups
Dark green	0 cups	0 cups	0 cups
Red/Orange	0 cups	0 cups	0 cups
Beans/Peas (Legumes)	0 cups	0 cups	0 cups
Starchy	0 cups	0 cups	0 cups
Other	0 cups	0 cups	0 cups
Additional Vegetables to Reach Weekly Total	0 cups	0 cups	0 cups
Grains (oz eq)	7 (1) oz eq	8 (1) oz eq	9 (1) oz eq
Meats/Meat Alternates (oz eq)	0 oz eq	0 oz eq	0 oz eq
Fluid Milk (cups)	5 (1) cups	5 (1) cups	5 (1) cups

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

Min-Max Calories (kcal)	350-500		400-550		450-600	
Saturated Fat (% of total calories)	<10%		<10%		<10%	
Sodium (mg)	Target 1 ≤540mg	Target 2 ≤485mg	Target 1 ≤600mg	Target 2 ≤535mg	Target 1 ≤640mg	Target 2 ≤570mg
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

Lunch

	Grades K-5	Grades 6-8	Grades 9-12
Amount of Food Per Week (Minimum Per Day)			
Fruits (cups)	2 1/2 (1/2) cups	2 1/2 (1/2) cups	5 (1) cups
Vegetables (cups)	3 3/4 (3/4) cups	3 3/4 (3/4) cups	5 (1) cups
Dark green	1/2 cup	1/2 cup	1/2 cup
Red/Orange	3/4 cup	3/4 cup	1 1/4 cups
Beans/Peas (Legumes)	1/2 cup	1/2 cup	1/2 cup
Starchy	1/2 cup	1/2 cup	1/2 cup
Other	1/2 cup	1/2 cup	3/4 cup
Additional Vegetables to Reach Weekly Total	1 cup	1 cup	1 1/2 cups
Grains (oz eq)	8 (1) oz eq	8 (1) oz eq	10 (2) oz eq
Meats/Meat Alternates (oz eq)	8 (1) oz eq	9 (1) oz eq	10 (2) oz eq
Fluid Milk (cups)	5 (1) cups	5 (1) cups	5 (1) cups

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

Min-Max Calories (kcal)	550-650		600-700		750-850	
Saturated Fat (% of total calories)	<10%		<10%		<10%	
Sodium (mg)	Target 1 ≤1,230mg	Target 2 ≤935mg	Target 1 ≤1,360mg	Target 2 ≤1,035mg	Target 1 ≤1,420mg	Target 2 ≤1,080mg
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

For current nutrition standard requirements, go to www.fns.usda.gov/cn/nutrition-standards-school-meals



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