

National School Lunch Meal Pattern

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
Meat or Meat Alternates -Weekly minimum - maximum	8–10 oz equivalent/week (1 oz daily minimum)	9–10 oz equivalent/week (1 oz daily minimum)	10-12 oz equivalent/week (2 oz daily minimum)
Vegetables (total) -Weekly minimum	3¾ cups/week (¾ cup daily minimum)	3¾ cups/week (¾ cup daily minimum)	5 cups/week (1 cup daily minimum)
<i>Dark Green Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Red / Orange Subgroup</i>	¾ cup/wk	¾ cup/wk	1¼ cup/wk
<i>Legumes Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Starchy Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Other Subgroup</i>	½ cup/wk	½ cup/wk	¾ cup/wk
Fruits -Weekly minimum	2½ cups/week (½ cup daily minimum)	2½ cups/week (½ cup daily minimum)	5 cups/week (1 cup daily minimum)
Grains / Breads -Weekly minimum - maximum -At least half whole grain beginning School Year 2012-13 -All whole grain beginning School Year 2014-2015	8-9 oz equivalent/week (1 oz daily minimum)	8-10 oz equivalent/week (1 oz daily minimum)	10-12 oz equivalent/week (2 oz daily minimum)
Minimum – Maximum Calories (kcal) -Weekly average	550 – 650	600 – 700	750 - 850
Saturated Fat (% of total calories) -Weekly average	<10%	<10%	<10%
Sodium** -Weekly average	≤1230 mg*	≤1360 mg*	≤1420 mg*
Trans Fat	0 grams / serving	0 grams / serving	0 grams / serving

*Effective School Year 2014-15

**Increasingly restrictive targets in School Year 2017-18 and School Year 2022-23

School Breakfast Meal Pattern

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
Meat or Meat Alternates None required but may substitute 1 oz equivalent of meat /meat alternate for 1 oz equivalent grains after minimum daily grain is met			
Vegetables May be substituted for fruits, but the first 2 cups/week must be from a subgroup other than starchy (dark green, red/orange, legumes, other)			
Fruits	5 cups/week* (1 cup daily minimum)	5 cups/week* (1 cup daily minimum)	5 cups/week* (1 cup daily minimum)
Grains / Breads -minimum and maximum -At least half whole grain beginning School Year 2013-14 -All whole grain beginning School Year 2014-2015	7-10 oz equivalent/week (1 oz daily minimum)	8-10 oz equivalent/week (1 oz daily minimum)	9-10 oz equivalent/week (1 oz daily minimum)
Minimum – Maximum Calories (kcal) Weekly average	350 – 500	400 – 550	450 - 600
Saturated Fat (% of total calories) Weekly average	<10%	<10%	<10%
Sodium** Weekly average	≤ 540 mg*	≤ 600 mg*	≤ 640 mg*
Trans Fat	0 grams/serving	0 grams/serving	0 grams/serving

*Effective School Year 2014-15

**Increasingly restrictive targets in School Year 2017-18 and School Year 2022-23