

Nutrition Standards in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) –

Meal Pattern Chart [Minimum Amount of Each Food Component^b Per Week (Minimum Offering Per Day)]

Meal Pattern	Breakfast Meal Pattern				Lunch Meal Pattern			
	Grades K-5 ^a	Grades 6-8 ^a	Grades 9-12 ^a	Grades K-12	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Fruits (cups) ^{c, d}	5 (1) ^e	5 (1) ^e	5 (1) ^e	5 (1)	2½ (½)	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^{c, d}	0	0	0	0	3¾ (¾)	3¾ (¾)	3¾ (¾)	5 (1)
Dark Green ^f	0	0	0	0	½	½	½	½
Red/Orange ^f	0	0	0	0	¾	¾	¾	1¼
Beans/Peas (Legumes) ^f	0	0	0	0	½	½	½	½
Starchy ^f	0	0	0	0	½	½	½	½
Other ^{f, g}	0	0	0	0	½	½	½	¾
Additional Vegetable to Reach Total ^h	0	0	0	0	1	1	1	1½
Grains (oz eq) ⁱ	7-10 (1)	8-10 (1)	9-10 (1)	9-10 (1)	8-9 (1)	8-10 (1)	8-9 (1)	10-12 (2)
Meat/Meat Alternates (oz eq)	0 ^k	0 ^k	0 ^k	0	8-10(1)	9-10(1)	9-10(1)	10-12 (2)
Fluid Milk (cups) ^l	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)

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

Min-Max Calories (kcal) ^{m, n}	350-500	400-550	450-600	450-500	550-650	600-700	600-650	750-850
Saturated Fat (% of total calories) ⁿ	< 10	< 10	< 10	< 10	< 10	< 10	< 10	< 10
Sodium Target 1 (mg) ^{n, p}	≤ 540 ^{n, p}	≤ 600 ^{n, p}	≤ 640 ^{n, p}	≤ 540	≤ 123 ^{n, p}	≤ 1360 ^{n, p}	≤ 1230 ^{n, p}	≤ 142 ^{n, p}
Trans Fatⁿ	Product nutrition label/manufacturer specification must indicate 0 grams of trans fat per serving.							

- ^a See the *Pre-Kindergarten Traditional Food-Based Meal Pattern Chart* for information on portion sizes for pre-K students using the Traditional Food-Based Menu Planning, or CEs may use the K-5 age/grade group meal pattern for pre-K children .
- ^b Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ½ cup.
- ^c One quarter (¼) cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than one half of the fruit (or vegetable) offerings may be in the form of juice. All juice must be 100% full-strength.
- ^d For breakfast, vegetables may be substituted for fruits. The first two cups per week of any such substitutions menued must be from the Dark Green, Red/Orange, Beans/Peas (Legumes) or Other vegetables subgroups.
- ^e The fruit quantity requirement for the SBP (5 cups/week; minimum of 1 cup/day) is effective July 1, 2014.
- ^f Larger amounts of these vegetables may be served.
- ^g This category consists of Other vegetables as defined in regulations; this requirement may be met with any additional amounts from the Dark Green, Red/Orange, and Beans/Peas (Legumes) vegetable subgroups.
- ^h Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
- ⁱ All grains must be whole grain-rich in the NSLP and the SBP beginning July 1, 2014.
- ^k There is no separate meat/meat alternate component in the SBP. For SBP CEs may substitute 1.0 oz eq of meat/meat alternates for 1.0 oz eq of grains after the minimum daily grains requirement is menued for the week for the SBP.
- ^l Fluid milk must be low fat (1 percent milk fat or less, unflavored) or fat free (unflavored or flavored).
- ^m The average daily amount of calories for a 5-day serving week must be within the range (at least the minimum and no more than the maximum values).
- ⁿ 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.
- ^p Final sodium specifications are to be reached by SY 2022–2023 (July 1, 2022). Intermediate sodium specifications are established for SY 2014–2015 and SY 2017–2018. See the *Sodium* subsection in this section for the specific sodium targets.