

# SCHOOL LUNCH PATTERNS

Meal Pattern	K-5 Daily	6-8 Daily	9-12 Daily
<b>Fruit</b> <sup>1</sup> (2 ½ c weekly K-8, 5 c weekly 9-12)	½ cup	½ cup	1 cup
<b>Vegetables</b> <sup>1</sup> (3 ¾ c weekly K-8, 5 c weekly 9-12)	¾ cup	¾ cup	1 cup
<b>Dark green</b> (½ c weekly K-12) Broccoli, dark green leafy lettuce, mesclun, romaine lettuce, spinach	-		-
<b>Red/Orange</b> (¾ c weekly K-8; 1 ¼ c weekly 9-12) Carrots, red peppers, sweet potatoes, tomatoes, butternut squash	-		-
<b>Beans/Peas (Legumes)</b> (½ c weekly K-12) Black beans, garbanzo beans (chickpeas), kidney beans, lentils, pinto beans, soy beans, white beans	-		-
<b>Starchy</b> (½ c weekly K-12) Corn, green peas, green lima beans, potatoes	-		-
<b>Other</b> <sup>2</sup> (½ c weekly K-8, ¾ c weekly 9-12) Asparagus, avocado, bean sprouts, beets, Brussel sprouts, cabbage, cauliflower, celery, cucumbers, green beans, green peppers, iceberg lettuce, mushrooms, okra, onions, parsnips, turnips, wax beans, zucchini	-		-
<b>Additional Vegetables</b> <sup>3</sup> (1 c weekly K-8, 1 ½ c weekly 9-12)	-		-
<b>Grains</b> <sup>4</sup> K-5: 8 oz minimum – 9 oz maximum weekly 6-8: 8 oz minimum – 10 oz maximum weekly 9-12: 10 oz minimum – 12 oz maximum weekly	1 oz eq.	1 oz eq.	2 oz eq.
<b>Meats/Meat Alternates</b> K-5: 8 oz minimum – 10 oz maximum weekly 6-8: 9 oz minimum – 10 oz maximum weekly 9-12: 10 oz minimum – 12 oz maximum weekly	1 oz eq.	1 oz eq.	2 oz eq.
<b>Fluid Milk</b> <sup>5</sup>	1 cup	1 cup	1 cup

<sup>1</sup> One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. Minimum creditable serving is 1/8 cup. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

<sup>2</sup> This category consists of "Other vegetables" as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

<sup>3</sup> Any vegetable subgroup may be offered to meet the "Additional" total weekly vegetable requirement.

<sup>4</sup> At least half of the grains offered must be whole grain-rich.

<sup>5</sup> Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>	<b>K-5</b>	<b>6-8</b>	<b>9-12</b>
<b>Min-max calories</b> (kcal) <sup>1,2,3</sup>	550-650	600-700	750-850
<b>Saturated fat</b> (% of total calories) <sup>2,3</sup>	< 10%	< 10%	< 10%
<b>Trans fat</b> <sup>2,3</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		
<b>Sodium</b> (mg) <sup>2,4</sup>	-	-	-
<b>Baseline:</b> Average Current Sodium Levels As Offered (mg)	1,377	1,520	1,588
<b>Target 1:</b> July 1, 2014 SY 2014-2015 (mg)	≤ 1,230	≤ 1,360	≤ 1,420
<b>Target 2:</b> July 1, 2017 SY 2017-2018 (mg)	≤ 935	≤ 1,035	≤ 1,080
<b>Target 3:</b> July 1, 2022 SY 2022-2023 (mg)	≤ 640	≤ 710	≤ 740

<sup>1</sup>The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

<sup>2</sup>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.

<sup>3</sup>In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

<sup>4</sup>Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfast.