

Nutrition Standards in the National School Lunch and School Breakfast Programs

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-5	Grades 6-8	Grades 9-12
<b>Meal Pattern</b>	<b>Amount of Food Per Week (Minimum Per Day)</b>					
Fruits (cups)	5 (1)	5 (1)	5 (1)	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups)	0	0	0	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark green	0	0	0	½	½	½
Red/Orange	0	0	0	¾	¾	1 ¼
Beans/Peas (Legumes)	0	0	0	½	½	½
Starchy	0	0	0	½	½	½
Other	0	0	0	½	½	¾
Additional Veg to Reach Total	0	0	0	1	1	1 ½
Grains (oz eq)	7 (1)	8 (1)	9 (1)	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (oz eq)	0	0	0	8 (1)	9 (1)	10 (2)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
<b>Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week</b>						
Min-max calories (kcal)	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories)	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg)	≤540	≤600	≤640	≤1,230	≤1,360	≤1,420
Trans Fat <sup>j</sup>	Nutrition label or manufacture specifications must indicate zero grams of <u>trans</u> fat					

- The minimum creditable serving is 1/8 cup for fruits and vegetables.
- One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables.
- No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.
- For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “other vegetables” subgroups. If the school meets the fruit requirement, as well as, all other component requirements, a starchy vegetable may be served on any day as an extra, if it fits within the weekly dietary specifications.
- There is no separate meat/meat alternate component for breakfast. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met. Schools may offer a meat/meat alternate as an extra (not counting toward the weekly grain requirement) if it fits within the weekly dietary specifications.
- Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).