

Lunch Meal Pattern—Five-Day School Week

Minimum amount of food per day or week:

Meal Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Fruits	½ cup per day	½ cup per day	½ cup per day	1 cup per day
Vegetables	¾ cup per day (3 ¾ cups/week)	¾ cup per day (3 ¾ cups/week)	¾ cup per day (3 ¾ cups/week)	1 cup per day (5 cups/week)
Dark Green	½ cup per week	½ cup per week	½ cup per week	½ cup per week
Red/Orange	¾ cup per week	¾ cup per week	¾ cup per week	1 ¼ cup per week
Beans/Peas (Legumes)	½ cup per week	½ cup per week	½ cup per week	½ cup per week
Starchy	½ cup per week	½ cup per week	½ cup per week	½ cup per week
Other	½ cup per week	½ cup per week	½ cup per week	¾ cup per week
Additional veg to reach total	1 cup per week	1 cup per week	1 cup per week	1 ½ cup per week
Grains (All must be whole grain-rich)	1 oz. eq./day 8 oz. eq./week	1 oz. eq./day 8 oz. eq./ week	1 oz. eq./day 8 oz. eq./ week	2 oz. eq./day 10 oz. eq./ week
Meat/Meat Alternates	1 oz. eq./day 8 oz. eq./week	1 oz. eq./day 9 oz. eq./ week	1 oz. eq./day 9 oz. eq./ week	2 oz. eq./day 10 oz. eq./ week
Fluid Milk	1 cup per day	1 cup per day	1 cup per day	1 cup per day

Notes:

1. One-quarter cup of dried fruit counts as one-half cup of fruit; one cup of leafy greens counts as one-half 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 percent full-strength.
2. Larger amounts of vegetables may be served.
3. For the purposes of the National School Lunch Program (NSLP), “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups.
4. Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
5. All grains must be whole grain-rich (at least 51 percent whole grain by weight) in both the NSLP and the School Breakfast Program (SBP).
6. Fluid milk must be unflavored low-fat (one percent) or fat-free (skim) fluid milk; or flavored fat-free (skim) fluid milk. A minimum of two types of milk must be offered.

Lunch Nutrient Specifications

Daily Amount Based on the Average for a Week

Nutrient	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Minimum-maximum calories	550-650	600-700	600-650	750-850
Saturated Fat (percentage of total calories)	< 10	< 10	< 10	< 10
Sodium (mg)	≤ 935	≤ 1035	≤ 935	≤ 1080
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.

Notes:

1. The average daily amount of calories for a four-day school week must be within the range (at least the minimum and no more than the maximum values).
2. 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.

Fruit

K-12

Daily 1 cup

Weekly 5 cups

No more than half of the weekly fruit offerings can be in the form of 100 per-cent fruit juice.

Vegetables

K-12

Daily Optional in place of fruit

Weekly Optional in place of fruit

Meat or Meat Alternate

K-12

Daily Optional

Weekly Optional

Optional in place of grains after one ounce equivalent of grain has been offered.

Milk

K-12

1 cup per day

Unflavored: Low-fat (%) or fat-free (skim) fluid milk

Flavored: fat-free (skim) fluid milk

Must offer two varieties.

Nutrient Standards

Daily Amount Based on Average 5-Day Week

	K-5	6-8	9-12
Min-Max calories	350-500	400-550	450-600
Sodium (mg)*	485	535	570
Saturated fat (% of total calories)	<10	<10	<10

Trans fat

Nutrition label or manufacturer specifications must = 0g per serving

Grains

	K-5	6-8	9-12
Daily	1	1	1
Weekly	7-10	8-10	9-10

Amounts are listed in ounce equivalents. All grain items offered must be whole grain rich. Daily/weekly minimums must be met.