

# National School Lunch Program Meal Pattern



5-day Week	Quantity Per Week (Minimum per day)			
	Grades K - 5	Grades 6 - 8	Grades K-8 <sup>1</sup>	Grades 9 - 12
<b>Fruit (cup)</b>	2 ½ (½)	2 ½ (½)	2 ½ (½)	5 (1)
<b>Vegetables (cup)</b>	3 ¾ (¾)	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark green	½	½	½	½
Red/Orange	¾	¾	¾	1 ¼
Beans/Peas/Lentils	½	½	½	½
Starchy	½	½	½	½
Other	½	½	½	¾
Additional to reach total	1	1	1	1 ½
<b>Grains (oz eq)<sup>2</sup></b>	8-9 (1)	8-10 (1)	8-9 (1)	10-12 (2)
<b>Meat/Meat Alternate (oz eq)<sup>2</sup></b>	8-10 (1)	9-10 (1)	9-10 (1)	10-12 (2)
<b>Fluid Milk (cup)</b>	5 (1)	5 (1)	5 (1)	5 (1)
<b>Nutrient Standards</b>	<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades K-8</b>	<b>Grades 9-12</b>
Calories	550-650	600-700	600-650	750-850
Saturated Fat	<10%	<10%	<10%	<10%
Sodium Target 1 (mg.)	≤1,110	≤1,225	≤1,110	≤1,280

<sup>1</sup> Lunch meal pattern quantity requirements allow for an overlap across grades K-8.

<sup>2</sup>The weekly maximum quantities for grains and meat/meat alternates are recommended.

## Fruit

The reimbursable meal selected by the student under offer vs. serve must include at least ½ cup of fruit and/or vegetable. All juice must be 100% full-strength. The total weekly fruit/vegetable juice offerings may not exceed one-half of the total fruits/vegetables offered over the week. Minimum creditable serving is 1/8 cup. One quarter-cup of dried fruit counts as ½ cup of fruit.

## Vegetables

Minimum creditable serving is 1/8 cup. One cup of leafy greens counts as ½ cup of vegetables. The *Other* vegetable requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas/lentils subgroups. Any vegetable subgroup may be offered to meet the *Additional* total weekly vegetable requirement. Beans/Peas/Lentils offered as a meat alternate can count toward the weekly vegetable subgroup requirement.

## Grains

At least 80% of the grains offered per week must be whole grain-rich products that conform to FNS guidance in the [Whole Grain Resource](#). Each service line should be considered separately.

## Meat/Meat Alternate

Must use the Food Buying Guide, CN label, or product formulation statement to determine ounce equivalents.

## Milk

Fluid milk must be low-fat or fat-free (unflavored or flavored). Two varieties of milk must be available throughout the meal service.