

National School Lunch Program Meal Pattern



4-day Week	Quantity Per Week (Minimum per day)			
	Grades K - 5	Grades 6 - 8	Grades K-8 ¹	Grades 9 - 12
Fruit (cup)	2 (½)	2 (½)	2 (½)	4 (1)
Vegetables (cup)	3 (¾)	3 (¾)	3 (¾)	4 (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	¼	¼	¼	½
Grains (oz eq) ²	6.5-7 (1)	6.5-8 (1)	6.5-7 (1)	8-9.5 (2)
Meat/Meat Alternate (oz eq) ²	6.5-8 (1)	7-8 (1)	7-8 (1)	8-9.5 (2)
Fluid Milk (cup)	4 (1)	4 (1)	4 (1)	4 (1)
Nutrient Standards	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
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

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

²The 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 may be whole, reduced-fat (2%), low-fat (1%), and skim/ fat-free (unflavored or flavored). Two varieties of milk must be available throughout the meal service. Flavored milk must have 10 g or less added sugar (check the guidance on types of allowable milk).