

Meal Pattern Chart- 5 Day Week (Modified to Include K-8)

Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs – January 2012 (Rev. 7/5/2018)

Grade	Breakfast Meal Pattern—5 day week				Lunch Meal Pattern—5 day week			
	K-5	K-8	6-8	9-12	K-5	K-8	6-8	9-12
Meal Pattern	Amount of Food^a Per Week (Minimum Per Day)							
Fruits (cups) ^{b, c}	5 (1)	5 (1)	5 (1)	5 (1)	2½ (½)	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^{b, c}	0	0	0	0	3¾ (¾)	3¾ (¾)	3¾ (¾)	5 (1)
Dark green ^d	0	0	0	0	½	½	½	½
Red/ Orange ^d	0	0	0	0	¾	¾	¾	1¼
Beans/ Peas (Legumes) ^d	0	0	0	0	½	½	½	½
Starchy ^d	0	0	0	0	½	½	½	½
Other ^{d, e}	0	0	0	0	½	½	½	¾
Additional Veg to Reach Total ^f	0	0	0	0	1	1	1	1½
Grains (oz. equivalent) ^k	7 (1)	8 (1)	8 (1)	9 (1)	8 (1)	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (oz. equivalent) ^m	0 ^g	0 ^g	0 ^g	0 ^g	8 (1)	9 (1)	9 (1)	10 (2)
Fluid milk (cups) ^h	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week								
Min-max calories (kcal) ^{i, j}	350-500	400-500	400-550	450-600	550-650	600-650	600-700	750-850
Saturated fat (% of total calories) ^j	< 10	< 10	< 10	< 10	< 10	< 10	< 10	< 10
Daily Sodium Restrictions (mg) ^{j, 1}	≤ 540	≤ 540	≤ 600	≤ 640	≤ 1230	≤ 1230	≤ 1360	≤ 1420
<i>Trans</i> fat ^j	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.							

^a Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ¼ cup or 0.25 oz. eq.

^b 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 servings per week may be in the form of juice. All juice must be 100% full-strength.

^c 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 as defined in §210.10(c)(2)(iii).

^d Larger amounts of these vegetables may be served.

^e 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).

^f Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

^g There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

^h Fluid milk must be low-fat (1 percent milk fat or less) or fat-free and may be unflavored or flavored for grades K-12.

ⁱ 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).

^j 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.

^k All grains must be whole grain-rich in both the NSLP and the SBP. For information on flexibilities, please contact your state agency. Schools may count up to 2 oz. eq. grain-based desserts per week in NSLP towards meeting the grains requirement. See [Exhibit A](#) (form PDE732 on PEARS, Download Forms) for information on serving grain-based desserts in SBP and NSLP.

^l Target 1 sodium levels went into effect July 1, 2014 and are shown on the table. Target 1 will continue as the regulatory limit in NSLP and SBP for SY 2018-2019.

^m Nuts or seeds may be used to meet no more than one-half (50 percent) of the meat/meat alternates component with another meat/meat alternate to meet the full requirement.