# National School Lunch Program Meal Pattern

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Current Requirements K-12</th>
<th>New Requirements K-12</th>
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</table>
| Fruit and Vegetables| ½ - ¾ cup of fruit and vegetables combined per day | ¾ - 1 cup of vegetables plus ½ - 1 cup of fruit per day  
Note: Students are allowed to select ½ cup fruit or vegetable under OVS. |
| Vegetables          | No specifications as to type of vegetable subgroup | Weekly requirement for:  
• dark green  
• red/orange  
• beans/peas (legumes)  
• starchy  
• other (as defined in 2010 Dietary Guidelines) |
| Meat/Meat Alternate (M/MA) | 1.5 – 2 oz eq. (daily minimum) | Daily minimum and weekly ranges:  
Grades K-5: 1 oz eq. min. daily (8-10 oz weekly)  
Grades 6-8: 1 oz eq. min. daily (9-10 oz weekly)  
Grades 9-12: 1 oz eq. min. daily (10-12 oz weekly) |
| Grains              | 8 servings per week (minimum of 1 serving per day) | Daily minimum and weekly ranges:  
Grades K-5: 1 oz eq. min. daily (8-9 oz weekly)  
Grades 6-8: 1 oz eq. min. daily (8-10 oz weekly)  
Grades 9-12: 2 oz eq. min. daily (10-12 oz weekly) |
| Whole Grains        | Encouraged                 | At least half of the grains must be whole grain-rich beginning July 1, 2012. Beginning July 1, 2014, all grains must be whole grain rich. |
| Milk                | 1 cup                     | 1 cup  
Must be fat-free(unflavored/flavored) or 1% low fat (unflavored) |
### School Breakfast Program Meal Pattern

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<th>Food Group</th>
<th>Current Requirements K-12</th>
<th>New Requirements K-12</th>
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| Fruit      | ½ cup per day (vegetable substitution allowed) | 1 cup per day (vegetable substitution allowed)  
Note: Quantity required SY 2014-15. Students are allowed to select ½ cup of fruit under OVS. |
| Grains and Meat/Meat Alternate (M/MA) | 2 grains, or 2 meat/meat alternates, or 1 of each per day | Daily min. and weekly ranges for grains:  
Grades K-5: 1 oz eq. min. daily (7-10 oz weekly)  
Grades 6-8: 1 oz eq. min. daily (8-10 oz weekly)  
Grades 9-12: 1 oz eq. min. daily (9-10 oz weekly)  
Note: Quantity required SY 2013-14. Schools may substitute M/MA for grains after the minimum daily grains requirement is met. |
| Whole Grains | Encouraged | At least half of the grains must be whole grain-rich beginning July 1, 2013. Beginning July 1, 2014, all grains must be whole grain rich. |
| Milk       | 1 cup  
Variety of fat contents allowed; flavor not restricted | 1 cup  
Must be fat-free (unflavored/flavored) or 1% low fat (unflavored) |

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<tr>
<th>Nutrient Standards</th>
<th>New Standards K-12</th>
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| **Sodium** Reduce, no set targets | **Target 1: SY 2014-15**  
Lunch  
≤1230mg (K-5);  
≤1360mg (6-8);  
≤1420mg (9-12)  
Breakfast  
≤540mg (K-5);  
≤600mg (6-8);  
≤640mg (9-12)  
**Target 2: SY 2017-18**  
Lunch  
≤935mg (K-5)  
≤1035mg (6-8);  
≤1080mg (9-12)  
Breakfast  
≤485mg (K-5);  
≤535mg (6-8);  
≤570mg (9-12)  
**Final target: 2022-23**  
Lunch  
≤640mg (K-5);  
≤710mg (6-8);  
≤740mg (9-12)  
Breakfast  
≤430mg (K-5);  
≤470mg (6-8);  
≤500mg (9-12) |
| **Calories (min. only)**  
*Traditional Menu Planning*  
Lunch:  
633 (grades K-3)  
785 (grades 4-12)  
825 (optional grades 7-12)  
Breakfast:  
554 (grades K-12)  
*Enhanced Menu Planning*  
Lunch:  
664 (grades K-6)  
825 (grades 7-12)  
633 (optional grades K-3)  
Breakfast:  
554 (grades K-12)  
774 (optional grades 7-12)  
*Nutrient Based Menu Planning*  
Lunch:  
664 (grades K-6)  
825 (grades 7-12)  
633 (optional grades K-3)  
Breakfast:  
554 (grades K-12)  
618 (optional grades 7-12)  
**Calorie Ranges (min. & max.)**  
*Only food-based menu planning allowed*  
Lunch:  
550-650 (grades K-5)  
600-700 (grades 6-8)  
750-850 (grades 9-12)  
Breakfast:  
350-500 (grades K-5)  
400-550 (grades 6-8)  
450-600 (grades 9-12) |
| **Saturated Fat**  
<10% of total calories | **Saturated Fat**  
<10% of total calories |
| **Trans Fat:** no limit | **New specification:** zero grams per serving (nutrition label) |