

## LUNCH MEAL PATTERN (FIVE-DAY WEEK)

Required Meal Components	Grades K-5		Grades 6-8		Grades K-8*		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fruit (Cups)	1/2	2 1/2	1/2	2 1/2	1/2	2 1/2	1	5
Vegetables (Cups)	3/4	3 3/4	3/4	3 3/4	3/4	3 3/4	1	5
Dark Green		1/2		1/2		1/2		1/2
Red/Orange		3/4		3/4		3/4		1 1/4
Beans/Peas (Legumes)		1/2		1/2		1/2		1/2
Starchy		1/2		1/2		1/2		1/2
Other		1/2		1/2		1/2		3/4
Additional to reach total		1		1		1		1 1/2
Grains (oz. equivalents)	1	8-9**	1	8-10**	1	8-9**	2	10-12**
Meat/Meat Alternate (oz. equivalents)	1	8-10**	1	9-10**	1	9-10**	2	10-12**
Fluid Milk (Cups)	1	5	1	5	1	5	1	5

Required Dietary Specifications	Grades K-5	Grades 6-8	Grades K-8*	Grades 9-12
Calorie Range (daily average)	550-650	600-700	600-650	750-850
Saturated Fat (% of total calories)	<10	<10	<10	<10
Trans Fat (grams)	0	0	0	0
Sodium (milligrams)	1230 mg or less	1360 mg or less	1230 mg or less	1420 mg or less

(SEE IMPORTANT NOTES ON NEXT PAGE)

**Important Notes:**

**\*K-8 Meal Pattern**

The K-8 meal pattern is only for schools with grade configurations that prevent students from being separated into the required grade groups (K-5 and 6-8) at lunch. Examples include schools with grades K-8 or grades 5-8 where students from different grade groups eat together during the same lunch period. **If students can be served separately in their appropriate grade groups, schools must use the required meal patterns for grades K-5 and 6-8.**

**\*\*Weekly Grains and Meat/Meat Alternate Ranges**

**THERE IS NO MAXIMUM GRAIN OR MEAT/MEAT ALTERNATE REQUIREMENT.** Menus are not required to comply with the maximums indicated, but must meet the minimum requirements and stay within the calorie ranges. The weekly maximums provide a guide to help schools plan age-appropriate meals that meet the calorie, saturated fat and sodium requirements.

**Meat/Meat Alternate:**

- The serving size refers to the edible portion of cooked lean meat, poultry or fish served (i.e. cooked lean meat without bone)
- Meat/meat alternates must be served in a main dish or a main dish and one other food item
- A 1 ounce equivalent (oz. eq.) serving equals:
  - 1 oz. lean meat, poultry, fish or cheese
  - ¼ cup cooked beans/peas (legumes)
  - ½ large egg
  - 2 Tbsp. nut butters
  - 1 oz. nuts or seeds
  - ½ cup yogurt or soy yogurt
  - ¼ cup commercial tofu containing at least 5 grams protein

### **Fruit**

- Fruit juice may only be offered to meet 50% of the weekly fruit component. Only 100% full strength pasteurized juice is allowed
- Fruit includes fresh, frozen, canned in light syrup, water or juice and dried.
- All fruits credit based on volume except dried fruit credits as twice the volume served (e.g. ¼ cup dried fruit credits as ½ cup fruit)
- Larger amounts of fruit may be offered if meals do not exceed the weekly limit for calories, saturated fat and sodium

### **Vegetables:**

- All vegetables credit based on volume except raw leafy greens count as half the volume served (e.g. 1 cup equals ½ cup vegetable)
- Vegetable subgroup requirements are weekly, however, daily minimum vegetable requirements must be met. Refer to the *School Lunch Meal Pattern Subgroup Fact Sheet (#138)* for specific vegetables in each subgroup.
- Any vegetable subgroup may be offered as “additional” vegetables to meet the total weekly vegetable requirements
- Larger amounts of vegetables may be offered if meals do not exceed the weekly limit for calories, saturated fat and sodium

### **Grains:**

- All grains must be whole grain-rich (WGR), i.e., the product contains at least 50 percent whole grains, any remaining grains are enriched and any non-creditable grains are less than 2 percent (¼ ounce equivalent) of the product formula. For more information, see *Whole Grain Resource for NSLP and SBP Manual*
- All grains must meet the serving sizes specified in the *WGR Ounce Equivalent Requirements for School Nutrition Programs Chart*
- Up to 2 oz. eq. per week may be a grain based dessert as long as menus meet all dietary specifications

### **Milk:**

At least two varieties must be offered daily from the following choices only:

- Low fat (1%) unflavored
- Fat free unflavored or flavored

### **Nutrient Standards:**

- Nutrient standards are daily amounts based on the average for a five day week
- The sodium limit (first target) applies through June 30, 2017.