

National School Lunch Program Meal Pattern

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk*	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
Meat or Meat Alternates -Weekly minimum- maximum**	8-10 oz equivalent/week** (1 oz daily minimum)	9-10 oz equivalent/week** (1 oz daily minimum)	10-12 oz equivalent/week** (2 oz daily minimum)
Vegetables (total) -Daily/ Weekly minimum	3¾ cups/week (¾ cup daily minimum)	3¾ cups/week (¾ cup daily minimum)	5 cups/week (1 cup daily minimum)
<i>Dark Green Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Red / Orange Subgroup</i>	¾ cup/wk	¾ cup/wk	1¼ cup/wk
<i>Legumes Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Starchy Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Other Subgroup</i>	½ cup/wk	½ cup/wk	¾ cup/wk
Fruits -Daily/ Weekly minimum	2½ cups/week (½ cup daily minimum)	2½ cups/week (½ cup daily minimum)	5 cups/week (1 cup daily minimum)
Grains / Breads -Weekly minimum- maximum** -At least 80% of grains served per week must be whole grain rich, the rest must be enriched	8-9 oz equivalent/week** (1 oz daily minimum)	8-10 oz equivalent/week** (1 oz daily minimum)	10-12 oz equivalent/week** (2 oz daily minimum)
Minimum – Maximum Calories (kcal) -Weekly average	550 – 650	600 – 700	750 - 850
Saturated Fat (% of total calories) -Weekly average	<10%	<10%	<10%
Sodium*** -Weekly average	≤1230 mg	≤1360 mg	≤1420 mg
Trans Fat	0 grams / serving	0 grams / serving	0 grams / serving

*Schools must offer at least two different types of fluid milk daily; one must be unflavored. Milk must be flavored or unflavored fat-free or 1% low-fat.

** Staying within the maximums helps with dietary specifications but is not required.

*** Sodium targets to decrease in SY 23-24 for lunch only.

School Breakfast Program Meal Pattern

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk*	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
Meat or Meat Alternates	None required but may substitute 1 oz equivalent of meat /meat alternate for 1 oz equivalent grains after minimum daily grain is met.	None required but may substitute 1 oz equivalent of meat /meat alternate for 1 oz equivalent grains after minimum daily grain is met.	None required but may substitute 1 oz equivalent of meat /meat alternate for 1 oz equivalent grains after minimum daily grain is met.
Vegetables	May be substituted for fruits.	May be substituted for fruits.	May be substituted for fruits.
Fruits -Daily/ Weekly minimum	5 cups/week (1 cup daily minimum)	5 cups/week (1 cup daily minimum)	5 cups/week (1 cup daily minimum)
Grains / Breads -Daily/ Weekly minimum-maximum** -At least 80% of grains served per week must be whole grain rich, the rest must be enriched	7 oz equivalent/week** (1 oz daily minimum)	8 oz equivalent/week** (1 oz daily minimum)	9 oz equivalent/week** (1 oz daily minimum)
Minimum – Maximum Calories (kcal) Weekly average	350 – 500	400 – 550	450 - 600
Saturated Fat (% of total calories) Weekly average	<10%	<10%	<10%
Sodium Weekly average	≤ 540 mg	≤ 600 mg	≤ 640 mg
Trans Fat	0 grams/serving	0 grams/serving	0 grams/serving

*Schools must offer at least two different types of fluid milk daily; one must be unflavored. Milk must be flavored or unflavored fat-free or 1% low-fat.

**Staying within the maximums helps with dietary specifications but is not required.