

National School Lunch Meal Pattern – 4-day week

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk*	4 cups/week (1 cup daily)	4 cups/week (1 cup daily)	4 cups/week (1 cup daily)
Meat or Meat Alternates -Daily/ Weekly minimum– maximum**	6 ½ -8 oz equivalent/week** (1 oz daily minimum)	7 –8 oz equivalent/week** (1 oz daily minimum)	8 –9 ½ oz equivalent/week** (2 oz daily minimum)
Vegetables (total) -Daily/ Weekly minimum	3 cups/week (¾ cup daily minimum)	3 cups/week (¾ cup daily minimum)	4 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	2 cups/week (½ cup daily minimum)	2 cups/week (½ cup daily minimum)	4 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	6 ½ -7 oz equivalent/week** (1 oz daily minimum)	6 ½ -8 oz equivalent/week** (1 oz daily minimum)	8 –9 ½ oz equivalent/week** (2 oz daily minimum)
Minimum – Maximum Calories (kcal) -Weekly average	440 – 520	480 – 560	600 - 680
Saturated Fat (% of total calories) -Weekly average	<10%	<10%	<10%
Sodium*** -Weekly average	≤890 mg	≤980 mg	≤1025 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 are not required.

*** Sodium Target 1a is effective July 1, 2023.

School Breakfast Meal Pattern – 4-day week

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk*	4 cups/week (1 cup daily)	4 cups/week (1 cup daily)	4 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	4 cups/week (1 cup daily minimum)	4 cups/week (1 cup daily minimum)	4 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	5 ½ -8 oz equivalent/week** (1 oz daily minimum)	6 ½ -8 oz equivalent/week** (1 oz daily minimum)	7 -8 oz equivalent/week** (1 oz daily minimum)
Minimum – Maximum Calories (kcal) Weekly average	280 – 400	320 – 440	360 - 480
Saturated Fat (% of total calories) Weekly average	<10%	<10%	<10%
Sodium Weekly average	≤ 435 mg	≤ 480 mg	≤ 515 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 are not required.