

## National School Lunch Meal Pattern – 3-day week

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
<b>Milk*</b>	3 cups/week (1 cup daily)	3 cups/week (1 cup daily)	3 cups/week (1 cup daily)
<b>Meat or Meat Alternates</b> -Daily/ Weekly minimum-maximum**	5 -6 oz equivalent/week** (1 oz daily minimum)	5 ½ –6 oz equivalent/week** (1 oz daily minimum)	6 -7 oz equivalent/week** (2 oz daily minimum)
<b>Vegetables (total)</b> -Daily/ Weekly minimum	2 ¼ cups/week (¾ cup daily minimum)	2 ¼ cups/week (¾ cup daily minimum)	3 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>	½ cup/wk	½ cup/wk	1 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>	¼ cup/wk	¼ cup/wk	¼ cup/wk
<b>Fruits</b> -Daily/ Weekly minimum	1 ½ cups/week (½ cup daily minimum)	1 ½ cups/week (½ cup daily minimum)	3 cups/week (1 cup daily minimum)
<b>Grains / Breads</b> -Weekly minimum- maximum** -At least 80% of grains served per week must be whole grain rich, the rest must be enriched	5 -5 ½ oz equivalent/week** (1 oz daily minimum)	5 -6 oz equivalent/week** (1 oz daily minimum)	6 -7 oz equivalent/week** (2 oz daily minimum)
<b>Minimum – Maximum Calories (kcal)</b> -Weekly average	330 - 390	360 - 420	450 - 510
<b>Saturated Fat</b> (% of total calories) -Weekly average	<10%	<10%	<10%
<b>Sodium***</b> -Weekly average	≤670mg	≤735 mg	≤770 mg
<b>Trans Fat</b>	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 – 3-day week

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
<b>Milk*</b>	3 cups/week (1 cup daily)	3 cups/week (1 cup daily)	3 cups/week (1 cup daily)
<b>Meat or Meat Alternates</b>	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
<b>Vegetables</b>	May be substituted for fruits	May be substituted for fruits	May be substituted for fruits
<b>Fruits</b> -Daily/ Weekly minimum	3 cups/week (1 cup daily minimum)	3 cups/week (1 cup daily minimum)	3 cups/week (1 cup daily minimum)
<b>Grains / Breads</b> -Daily/ Weekly minimum- maximum** -At least 80% of grains served per week must be whole grain rich, the rest must be enriched	4 -6 oz equivalent/week** (1 oz daily minimum)	5 -6 oz equivalent/week** (1 oz daily minimum)	5 ½ -6 oz equivalent/week** (1 oz daily minimum)
<b>Minimum – Maximum Calories (kcal)</b> Weekly average	210 - 300	240 - 330	270 - 360
<b>Saturated Fat</b> (% of total calories) Weekly average	<10%	<10%	<10%
<b>Sodium</b> Weekly average	≤ 325 mg	≤ 360 mg	≤ 385 mg
<b>Trans Fat</b>	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