

Meal Patterns – Breakfast and Lunch

LEAs must offer nutritious, well-balanced, and age-appropriate meals to all children they serve to improve their diets and safeguard their health.

Requirements:

- ✓ LEAs must follow a food-based menu planning approach
- ✓ LEAs must offer the food components and quantities required in the [lunch and breakfast meal pattern](#) based on age/grade group
- ✓ Age/grade groups are:
 - K-5 (kindergarten through 5th grade)
 - 6-8 (6th through 8th grade)
 - 9-12 (9th through 12th grade)
- ✓ Weekly requirements are based on a typical 5 day school week
 - LEAs that consistently operate on longer or shorter weeks must adjust weekly requirements
 - [3 Day Week Meal Pattern](#)
 - [4 Day Week Meal Pattern](#)
 - [7 Day Week Meal Pattern](#)
- ✓ Breakfast and lunch meals must meet dietary specification for Calories, Saturated Fat, Sodium and Trans Fat as specified in the meal patterns
- ✓ LEAs must produce enough food to provide all students with a complete reimbursable meal

Details:

- [Breakfast and Lunch Meal Pattern Charts](#)
- Meal Pattern Components:
 - Meat/Meat Alternate
 - The quantity of meat/meat alternates must be the edible portion as served
 - Cooked dry beans or peas (legumes) may be counted as either as a meat alternate or vegetable component but not as both in the same meal
 - The meat/meat alternate component is based on minimum daily servings, plus total servings over a five-day school week
 - Grains
 - Grains must be whole grain-rich, defined as $\geq 50\%$ whole grain with the remaining grains in the product being enriched
 - The grains component is based on minimum daily servings, plus total servings over a five-day school week
 - Fruit
 - All fruits are credited based on their volume as served, except that $\frac{1}{4}$ cup of dried fruit counts as $\frac{1}{2}$ cup of fruit
 - Only pasteurized, full-strength fruit juice may be used, and may be credited to meet no more than one-half of the offered fruit component per week

OSPI CNS School Nutrition Programs Reference Sheets

- The fruit component is based on minimum daily servings, plus total servings over a five-day school week
- Vegetables
 - All vegetables are credited based on their volume as served, except that leafy greens credit as half the volume served and tomato paste and puree are credited based on calculated volume of the whole food equivalency (see the Food Buying Guide)
 - Pasteurized, full-strength vegetable juice may be used to meet no more than one-half of the offered vegetable component
 - Cooked dry beans or peas (legumes) may be counted as either a vegetable or as a meat alternate but not as both in the same meal
 - Vegetable offerings at lunch over the course of the week must include the following vegetable subgroups:
 - *Dark green vegetables*
 - *Red-orange vegetables*
 - *Beans and peas (legumes)*
 - *Starchy vegetables*
 - *Other vegetables*
 - The vegetable component is based on minimum daily servings, plus total servings and sub-group servings over a five-day school week
- Milk
 - Milk must be fat-free (unflavored or flavored), low-fat (unflavored), fat free or low fat lactose free or reduced lactose
 - Two types of milk must be offered at breakfast and lunch
 - The milk component is based on minimum daily servings

Reference:

- ✓ [7CFR 210.10](#)

Resources:

- ✓ [Menu Builder Tool](#)
- ✓ [USDA Whole Grains Resource](#)
- ✓ [USDA Menu Worksheets](#)
- ✓ [Vegetable Sub group handout](#)

Acronym Reference

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| -CFR | Code of Federal Regulations |
| -CNS | Child Nutrition Services |
| -LEA | Local Education Agency |
| -OSPI | Office of Superintendent of Public Instruction |
| -USDA | United States Department of Agriculture |