

## National School Lunch Program Meal Pattern

### \*\*\*2024 Final Rule Implementation and Flexibilities for SY 2024–2025

Food Components	Grade K–5	Grade 6–8	Grade 9–12
<i>MILK: No Change. The Final Rule allows flavored and unflavored, fat free and low fat milks for grades K 12.</i>			
<b>Milk*</b> -Daily/ Weekly minimum-maximum**	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
<b>Meats/Meat Alternates</b> -Daily/ 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)
<i>The Final Rule allows beans, peas &amp; lentils offered as a Meat Alternate at lunch to also count toward the weekly Beans, Peas &amp; Lentils (BPL) veg subgroup requirement.</i>			
<b>Vegetables (total)</b> -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
<b>BEANS, PEAS &amp; LENTILS (BPL) Subgroup</b>	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
<b>Fruits</b> -Daily/ Weekly minimum	2½ cups/week (½ cup daily minimum)	2½ cups/week (½ cup daily minimum)	5 cups/week (1 cup daily minimum)
<i>GRAINS: No Change. The Final Rule maintains the current requirement of at least 80% of the weekly grains offered must be whole grain rich, based on oz Eq.</i>			
<b>Grains / Breads</b> -Daily/ Weekly minimum- maximum**	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)
<b>Minimum – Maximum Calories (kcal)</b> -Weekly average	550 – 650	600 – 700	750 – 850
<b>Saturated Fat (% of total calories)</b> -Weekly average	<10%	<10%	<10%
<i>SODIUM: No change. The Final Rule maintains the current sodium limits; further sodium reductions to begin July 1, 2027.</i>			
<b>Sodium</b> -Weekly average	≤1,110 mg	≤1,225 mg	≤1,280 mg

\*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.

\*\*\* **The Final Rule is effective July 1, 2024, however Program operators will not be required to make any changes to menus until July 1, 2025, at the earliest.**

## School Breakfast Program Meal Pattern

### \*\*\*2024 Final Rule Implementation and Flexibilities for SY 2024–2025

Food Components	Grade K–5	Grade 6–8	Grade 9–12
<i><b>MILK:</b> No Change. The Final Rule allows flavored and unflavored, fat free and low fat milks for grades K 12.</i>			
<b>Milk*</b>	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
<b>Fruits</b>	5 cups/week (1 cup daily minimum)	5 cups/week (1 cup daily minimum)	5 cups/week (1 cup daily minimum)
<p><b>Vegetables:</b>  <i>Continues to allow schools to substitute vegetables for fruits and simplifies the vegetable variety requirement. Schools choosing to offer vegetables <u>one day a week</u> have the option to offer any vegetable, including a starchy vegetable.</i></p> <p><i>Schools choosing to substitute vegetables for fruits on <u>two or more days a week</u> are required to offer vegetables from <u>at least 2 different subgroups</u>.</i></p>			
<i><b>GRAINS:</b> No Change. The Final Rule maintains the current requirement of at least 80% of the weekly grains offered must be whole grain rich, based on oz Eq.</i>			
<b>Grains – Meats/Meat Alternates</b> -Daily/ Weekly minimum	7 oz equivalent/week (1 oz daily minimum)	8 oz equivalent/week (1 oz daily minimum)	9 oz equivalent/week (1 oz daily minimum)
<p><b>Meats/Meat Alternates:</b>  <i>The Final Rule establishes a combined Grains and Meats/Meat Alternates meal component and removes the requirement for schools to offer 1.0 ounce equivalent of grains each day at breakfast. Schools may offer grains, meats/meat alternates, or a combination of both, to meet the minimum ounce equivalent in this combined meal component requirement.</i></p>			
<b>Minimum – Maximum Calories (kcal)</b> -Weekly average	350 – 500	400 – 550	450 – 600
<b>Saturated Fat</b> (% of total calories) -Weekly average	<10%	<10%	<10%
<i><b>SODIUM:</b> No change. The Final Rule maintains the current sodium limits; further sodium reductions to begin July 1, 2027.</i>			
<b>Sodium</b> -Weekly average	≤ 540 mg	≤ 600 mg	≤ 640 mg

\*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.

\*\*\* **The Final Rule is effective July 1, 2024, however Program operators will not be required to make any changes to menus until July 1, 2025, at the earliest.**

***2024 Final Rule Menu Planning Flexibilities	Implementation Date
<p><b>Substituting Vegetables for Grains in Tribal Communities</b></p> <p><b>NSLP and SBP:</b> Allows school food authorities and schools that are tribally operated, operated by the Bureau of Indian Education, and that serve primarily American Indian or Alaska Native children to serve vegetables to meet the grains requirement.</p>	<p><b>July 1, 2024</b></p> <p><i>Note: this rule provides a menu planning flexibility; CNP operators are not required to change menus or operations as a result of this provision.</i></p>
<p><b>Traditional Indigenous Foods</b></p> <p><b>NSLP and SBP:</b> Explicitly includes in regulation that traditional Indigenous foods may be served in reimbursable school meals (7 CFR 210.10(c)(7) and 220.8(c)(4)). This change is intended to support local efforts to incorporate traditional Indigenous foods into school meals.</p>	<p><b>July 1, 2024</b></p> <p><i>Note: this rule provides a menu planning flexibility; CNP operators are not required to change menus or operations as a result of this provision.</i></p>
<p><b>Nuts and Seeds</b></p> <p><b>NSLP and SBP:</b> Allows nuts and seeds to credit for the full meats/meat alternates component in all CNP meals and snacks, removing the 50 percent crediting limit.</p>	<p><b>July 1, 2024</b></p> <p><i>Note: this rule provides a menu planning flexibility; CNP operators are not required to change menus or operations as a result of this provision.</i></p>

**\*\*\*The Final Rule is effective July 1, 2024, however Program operators will not be required to make any changes to menus until July 1, 2025, at the earliest.**

## Exhibit A: Grain Requirements For Child Nutrition Programs<sup>1,2</sup>

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
<b>Group A</b>	<b>Ounce Equivalent (oz eq) for Group A</b>	<b>Minimum Serving Size for Group A</b>
Bread type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) <i>Note: weights apply to bread in stuffing</i>	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
<b>Group B</b>	<b>Ounce Equivalent (oz eq) for Group B</b>	<b>Minimum Serving Size for Group B</b>
Bagels Batter type coating Biscuits Breads - all (for example sliced, French, Italian) Buns (hamburger and hot dog) Sweet Crackers <sup>3</sup> (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread Pizza crust Pretzels (soft) Rolls Tortillas Tortilla chips Taco shells	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
<b>Group C</b>	<b>Ounce Equivalent (oz eq) for Group C</b>	<b>Minimum Serving Size for Group C</b>
Cookies <sup>3</sup> (plain - includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies <sup>3</sup> , cobbler <sup>3</sup> , fruit turnovers <sup>4</sup> , and meats/meat alternate pies) Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz
<b>Group D</b>	<b>Ounce Equivalent (oz eq) for Group D</b>	<b>Minimum Serving Size for Group D</b>
Doughnuts <sup>4</sup> (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars <sup>4</sup> (plain) Muffins (all, except corn) Sweet roll <sup>4</sup> (unfrosted) Toaster pastry <sup>4</sup> (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz

<sup>1</sup> In the NSLP and SBP (grades K-12), at least eighty percent of the weekly grains offered must meet the whole grain-rich criteria and the remaining grain items offered must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Please note: State agencies have the discretion to set stricter requirements than the minimum nutrition standards for school meals. For additional guidance, please contact your State agency. For all other Child Nutrition Programs, grains must be made from whole-grain flour, whole-grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, germ, or be an enriched product, such as enriched bread, or a fortified cereal. Under the CACFP child and adult meal patterns, and in the NSLP/SBP preschool meals, at least one grains serving per day must meet whole grain-rich criteria.

<sup>2</sup> For the NSLP and SBP (grades K-12), grain quantities are determined using ounce equivalents (oz eq). All other Child Nutrition Programs determine grain quantities using grains/breads servings. Beginning Oct. 1, 2021, grain quantities in the CACFP and NSLP/SBP infant and preschool meals will be determined using oz eq. Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>3</sup> Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grains component in CACFP or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

<sup>4</sup> Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count toward the grains component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grains component in the CACFP and NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.

<sup>5</sup> Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10. May count toward the grains component in the SBP (grades K-12), CACFP, NSLP/SBP infant and preschool meals, and SFSP.

<b>Group E</b>	<b>Ounce Equivalent (oz eq) for Group E</b>	<b>Minimum Serving Size for Group E</b>
Cereal bars, breakfast bars, granola bars <sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces) Cookies <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts <sup>4</sup> (cake and yeast raised, frosted or glazed) French toast Sweet rolls <sup>4</sup> (frosted) Toaster pastry <sup>4</sup> (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
<b>Group F</b>	<b>Ounce Equivalent (oz eq) for Group F</b>	<b>Minimum Serving Size for Group F</b>
Cake <sup>3</sup> (plain, unfrosted) Coffee cake <sup>4</sup>	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
<b>Group G</b>	<b>Ounce Equivalent (oz eq) for Group G</b>	<b>Minimum Serving Size for Group G</b>
Brownies <sup>3</sup> (plain) Cake <sup>3</sup> (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
<b>Group H</b>	<b>Ounce Equivalent (oz eq) for Group H</b>	<b>Minimum Serving Size for Group H</b>
Cereal Grains (barley, quinoa, etc.) Breakfast cereals (cooked) <sup>6,7</sup> Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry	1 serving = 1/2 cup cooked or 25 gm dry
<b>Group I</b>	<b>Ounce Equivalent (oz eq) for Group I</b>	<b>Minimum Serving Size for Group I</b>
Ready to eat breakfast cereal (cold, dry) <sup>6,7</sup>	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola	1 serving = 3/4 cup or 1 oz, whichever is less

- <sup>3</sup> Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grains component in CACFP or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.
- <sup>4</sup> Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count toward the grains component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grains component in the CACFP and NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.
- <sup>6</sup> Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast served in the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.
- <sup>7</sup> In the NSLP and SBP, cereals that list a whole grain as the first ingredient must be fortified, or if the cereal is 100 percent whole grain, fortification is not required. For all Child Nutrition Programs, cereals must be whole-grain, enriched, or fortified; cereals served in CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of sugar per dry ounce.

# Vegetable Subgroups in the National School Lunch Program

## Weekly Vegetable Subgroups at Lunch

The NSLP meal patterns for grades K-12 require weekly servings of the five vegetable subgroups recommended by the [Dietary Guidelines for Americans](#). The chart below identifies common vegetables in each subgroup (dark green; red/orange; beans, peas, and lentils; starchy; and other). Effective with school year 2024-25 (beginning July 1, 2024), the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), changes the name of the previous “legumes (beans and peas)” vegetable subgroup to the “beans, peas, and lentils” vegetable subgroup.

<b>Dark Green</b> Fresh, frozen, and canned	<b>Red/Orange</b> Fresh, frozen, and canned	<b>Beans, Peas, and Lentils</b> Cooked from dry, canned, or frozen
<ul style="list-style-type: none"><li>• Arugula</li><li>• Beet greens</li><li>• Bok choy</li><li>• Broccoli</li><li>• Broccoli rabe (rapini)</li><li>• Broccolini</li><li>• Butterhead lettuce (Boston, Bibb)</li><li>• Chicory</li><li>• Cilantro</li><li>• Collard greens</li><li>• Endive</li><li>• Escarole</li><li>• Fiddle heads</li><li>• Grape leaves</li><li>• Kale</li><li>• Mesclun</li><li>• Mustard greens</li><li>• Parsley</li><li>• Spinach</li><li>• Swiss chard</li><li>• Red leaf lettuce</li><li>• Romaine lettuce</li><li>• Turnip greens</li><li>• Watercress</li></ul>	<ul style="list-style-type: none"><li>• Acorn squash</li><li>• Butternut squash</li><li>• Carrots (orange only)</li><li>• Cherry peppers</li><li>• Hubbard squash</li><li>• Orange peppers</li><li>• Pimientos</li><li>• Pumpkin</li><li>• Red chili peppers</li><li>• Red peppers</li><li>• Salsa (100% vegetables)</li><li>• Spaghetti squash</li><li>• Sweet potatoes</li><li>• Tomatoes</li><li>• Tomato juice</li><li>• Winter squash</li><li>• Yams</li></ul>	<ul style="list-style-type: none"><li>• Black beans</li><li>• Black-eyed peas (mature, dry)</li><li>• Cowpeas</li><li>• Edamame</li><li>• Fava beans</li><li>• Garbanzo beans (chickpeas)</li><li>• Great northern beans</li><li>• Kidney beans</li><li>• Lentils</li><li>• Lima beans (mature, dry)</li><li>• Mung beans</li><li>• Navy beans</li><li>• Pink beans</li><li>• Pinto beans</li><li>• Red beans</li><li>• Refried beans</li><li>• Soybeans (mature, dry)</li><li>• Split peas</li><li>• White beans</li></ul> <p><b>Note:</b> The beans, peas, and lentils subgroup does not include immature (fresh) beans and peas, such as green beans, green lima beans, and green (string) beans. For more information on this subgroup, refer to the CSDE’s <a href="#">Crediting Beans, Peas, and Lentils in the School Nutrition Programs</a>.</p>

# Vegetable Subgroups in the National School Lunch Program

## Starchy Fresh, frozen, and canned

- Black-eyed peas, fresh (not dry)
- Cassava
- Corn
- Cowpeas, fresh (not dry)
- Field peas, fresh (not dry)
- Green bananas
- Green peas
- Hominy, whole (canned, drained)
- Jicama
- Lima beans, green (not dry)
- Parsnips
- Pigeon peas, fresh (not dry)
- Plantains
- Poi
- Potatoes
- Taro
- Water chestnuts
- Yautia (tannier)



## Other Fresh, frozen, and canned

- Artichokes
- Asparagus
- Avocado
- Bamboo shoots
- Bean sprouts, cooked only (for food safety), e.g., alfalfa, mung
- Beans, green and yellow
- Beets
- Breadfruit
- Brussels sprouts
- Cabbage (green, red, celery, Napa)
- Cactus (nopales)
- Carrots, rainbow (e.g., pink, purple, red, white, and yellow)
- Cauliflower
- Celeriac
- Celery
- Chayote (mirliton)
- Chives
- Cucumbers
- Daikon (oriental radish)
- Eggplant
- Fennel
- Garlic
- Green chili peppers
- Green onions (scallions)
- Green peppers
- Horseradish
- Kohlrabi
- Leeks
- Mushrooms
- Okra
- Olives
- Onions (white, yellow, red)
- Peas in pod, e.g., snap peas, snow peas
- Pepperoncini
- Pickles (cucumber)
- Purple peppers
- Radishes
- Rhubarb
- Rutabagas
- Sauerkraut
- Seaweed
- Shallots
- Snap peas
- Snow peas
- Tomatillo
- Turnips
- Wax beans
- White sweet potatoes
- Yellow peppers
- Yellow summer squash
- Zucchini squash





# Grains / Breads

## Breakfast

Grades K-5: 7oz min. equivalent/week (1 oz)  
Grades 6-8: 8 oz min. equivalent/week (1 oz)  
Grades 9-12: 9 oz min. equivalent/week (1 oz)

## Lunch

Grades K-5: 8 oz min. equivalent/week (1 oz)  
Grades 6-8: 8 oz min. equivalent/week (1 oz)  
Grades 9-12: 10 oz min. equivalent/week (2 oz)

## Grains Creditability and Whole grain rich determination:

### Does the product contain only Creditable Grains?

- ◆ Non creditable grains include: oat fiber, corn fiber, wheat starch, corn starch, and modified food starch (including potato, legume and other vegetable flours)
- ◆ Grains in amounts < .25 oz equivalent (3.99 grams for items in groups A-G or 6.99 grams in group H) or <2% of the product formula do not need to be considered
- ◆ Non creditable grains in 100% Whole grain RTE Cereal may not exceed 6.99 grams

Yes

### Are all grains in the product Whole Grain or Enriched?

- ◆ Grains in amounts < .25 oz equivalent (3.99 grams for items in groups A-G or 6.99 grams in group H) or <2% of the product formula do not need to be considered
- ◆ RTE cereal must be fortified, per FDA requirements

Yes

### Is the product Whole Grain Rich?

- ◆ Grain content is  $\geq 50\%$  whole grain by weight
- ◆ Contains  $\geq 8$  grams of whole grain per oz equivalent serving (Groups A-G on Exhibit A)
- ◆ Product has the FDA whole grain health claim "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol, may help reduce the risk of heart disease and certain cancers"

Yes

**Creditable & Whole Grain Rich**

No

No

**Non Creditable**

No

**Creditable — Not Whole Grain Rich**



# Measurement References

## Volume Equivalents

1 Tbsp =	3 tsp	= 0.5 fl oz
1/8 cup =	2 Tbsp	= 1 fl oz
1/4 cup =	4 Tbsp	= 2 fl oz
1/3 cup =	5 Tbsp + 1 tsp	= 2.65 fl oz
3/8 cup =	6 Tbsp	= 3 fl oz
1/2 cup =	8 Tbsp	= 4 fl oz
5/8 cup =	10 Tbsp	= 5 fl oz
2/3 cup =	10 Tbsp + 2 tsp	= 5.3 fl oz
3/4 cup =	12 Tbsp	= 6 fl oz
7/8 cup =	14 Tbsp	= 7 fl oz
1 cup =	16 Tbsp	= 8 fl oz
1 pint =	2 cups	= 16 fl oz
1 quart =	2 pints	= 32 fl oz
1 gallon =	4 quarts	= 128 fl oz

## Equivalent Weights

16 oz =	1 lb	= 1.000 lb
12 oz =	3/4 lb	= 0.750 lb
8 oz =	1/2 lb	= 0.500 lb
4 oz =	1/4 lb	= 0.250 lb
1 oz =	1/16 lb	= 0.063 lb

## Scoop Sizes

6 =	3/8 cup
8 =	1/2 cup
10 =	3/8 cup
12 =	1/3 cup
16 =	1/4 cup

## Metric Conversion

To Change	To	Multiply By
Ounces (oz)	Grams (g)	28.35
Pounds (lb)	Kilograms (kg)	0.45
Fluid ounces	Milliliters (ml)	29.58
Cups (c)	Liters (l)	0.24

## Metric Equivalents

### by Weight

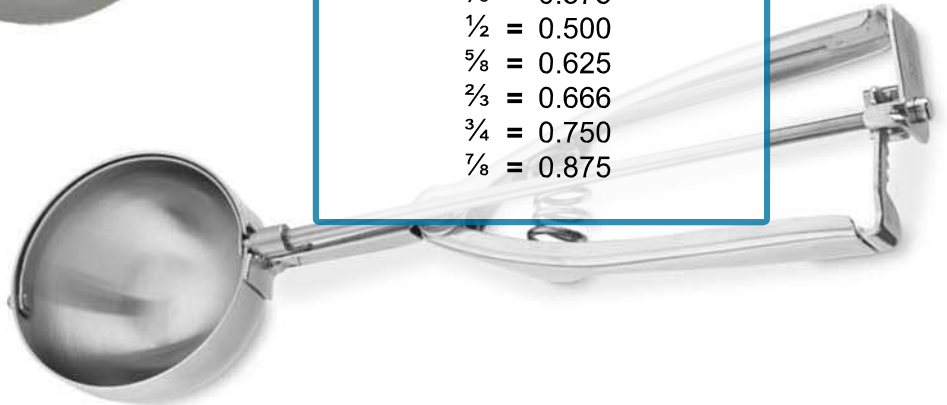
1 oz =	28.35 gm
4 oz =	113.4 gm
8 oz =	226.8 gm
16 oz =	453.6 gm
1 lb =	453.6 gm
2.2 lb =	1 kg

### by Volume

8 fluid oz =	236.59 mL
32 fluid oz =	946.36 mL
48 fluid oz =	1.42 L
33.818 fluid oz =	1 L

## Fraction to Decimal Equivalents

1/8 =	0.125
1/4 =	0.250
1/3 =	0.333
3/8 =	0.375
1/2 =	0.500
5/8 =	0.625
2/3 =	0.666
3/4 =	0.750
7/8 =	0.875



# School Meal Best Practices

## Selecting Low Added-Sugar Foods

School breakfasts served through the School Breakfast Program align with the Dietary Guidelines for Americans - they are rich in whole grains, high quality protein, and a variety of vitamins and minerals children need to grow and be healthy. School breakfast participation is associated with healthier body weight<sup>1,2,3,4</sup> and higher standardized test scores<sup>5</sup>. To further enhance the nutritional benefits of school breakfast, offer foods that are lower in added sugars!

### What is added sugar?

Added sugars are sugars and sweeteners added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those in milk and fruits.

### How much added sugar is too much?

The Dietary Guidelines for Americans recommends "Healthy Eating patterns limit added sugars to **less than 10% of calories per day.**" Currently, children aged 9-18 get almost 18% of their daily calories from added sugar.

This added sugar primarily comes from sweetened beverages. Beverages account for almost half (47%) of all added sugars consumed by the U.S. population. The other major sources of added sugars are snacks and sweets.

### Best Practices:

- Limit offerings of grain-based desserts (sweet rolls, pastries, breakfast cookies/bars, etc.) at breakfast to once per week.
- Serve breakfast cereals that contain 6 grams or less sugar per dry ounce.
- Serve yogurts that contain 15 grams or less sugar per 4 oz (113g).

### Convenient, low-sugar foods:

*Healthy and easy to serve alternatives to high added sugar breakfast foods.*

- Fresh Fruit and Vegetables
- Low sugar Cereal
- Low sugar Yogurts
- Protein-rich breakfast sandwiches
- Whole Grain-Rich Bagels



### Foods to Limit:

*While quick to prepare and easy to serve, these food often have high amounts of added sugars.*

- Pastries and donuts
- Cookies and Cakes
- Syrups
- Granola/breakfast bars

### Tip

Fresh and local foods often contain less added sugar than their processed counterparts. Some schools bake their own muffins or breads! This is a great way to serve delicious foods while keeping added sugars to a minimum.