

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>			
Milk* -Daily/ Weekly minimum-maximum**	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
Meats/Meat Alternates -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 & lentils offered as a Meat Alternate at lunch to also count toward the weekly Beans, Peas & Lentils (BPL) veg subgroup requirement.</i>			
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
BEANS, PEAS & LENTILS (BPL) Subgroup	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)
<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>			
Grains / Breads -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)
Minimum – Maximum Calories (kcal) -Weekly average	550 – 650	600 – 700	750 – 850
Saturated Fat (% of total calories) -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>			
Sodium -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>MILK: No Change. The Final Rule allows flavored and unflavored, fat free and low fat milks for grades K 12.</i>			
Milk*	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
Fruits	5 cups/week (1 cup daily minimum)	5 cups/week (1 cup daily minimum)	5 cups/week (1 cup daily minimum)
<p>Vegetables: <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>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>			
Grains – Meats/Meat Alternates -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>Meats/Meat Alternates: <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>			
Minimum – Maximum Calories (kcal) -Weekly average	350 – 500	400 – 550	450 – 600
Saturated Fat (% of total calories) -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>			
Sodium -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.

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***2024 Final Rule Menu Planning Flexibilities	Implementation Date
<p>Substituting Vegetables for Grains in Tribal Communities</p> <p>NSLP and SBP: 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>July 1, 2024</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>Traditional Indigenous Foods</p> <p>NSLP and SBP: 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>July 1, 2024</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>Nuts and Seeds</p> <p>NSLP and SBP: 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>July 1, 2024</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>

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