

## National School Lunch Program Meal Pattern 7-Day Week

Food Components	Grade K–5	Grade 6–8	Grade 9–12
<b>Milk*</b> -Daily/ Weekly minimum-maximum**	7 cups/week (1 cup daily)	7 cups/week (1 cup daily)	7 cups/week (1 cup daily)
<b>Meats/Meat Alternates (MMA)</b> -Daily/ Weekly minimum-maximum**	11–14 oz equivalent/week** (1 oz daily minimum)	12 ½–14 oz equivalent/week** (1 oz daily minimum)	14–17 oz equivalent/week** (2 oz daily minimum)
<b>Vegetables (total)</b> -Daily/ Weekly minimum	5 ¼ cups/week (¾ cup daily minimum)	5 ¼ cups/week (¾ cup daily minimum)	7 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>Beans, Peas &amp; Lentils (BPL) 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
<b>Fruits</b> -Daily/ Weekly minimum	3 ½ cups/week (½ cup daily minimum)	3 ½ cups/week (½ cup daily minimum)	7 cups/week (1 cup daily minimum)
<b>Grains / Breads</b> -Daily/ Weekly minimum- maximum** -At least 80% Whole-Grain Rich	11-12 ½ oz equivalent/week** (1 oz daily minimum)	11-14 oz equivalent/week** (1 oz daily minimum)	14–17 oz equivalent/week** (2 oz daily minimum)
<b>Minimum – Maximum Calories (kcal)</b> -Weekly average	770 – 910	840 – 980	1,050 – 1,190
<b>Saturated Fat</b> (% of total calories) -Weekly average	<10%	<10%	<10%
<b>Sodium</b> -Weekly average	≤1,555 mg	≤1,715 mg	≤1,795 mg
<b>Added Sugar</b> -Product Based Limits	◦Flavored Milk: ≤10 grams per cup   ◦Yogurt: ≤2 grams per ounce   ◦Cereal: ≤6 grams per dry ounce		

\*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.

## School Breakfast Program Meal Pattern 7-Day Week

Food Components	Grade K–5	Grade 6–8	Grade 9–12
<b>Milk*</b>	7 cups/week (1 cup daily)	7 cups/week (1 cup daily)	7 cups/week (1 cup daily)
<b>Fruits**</b>	7 cups/week (1 cup daily minimum)	7 cups/week (1 cup daily minimum)	7 cups/week (1 cup daily minimum)
<b>Grains and/or Meats/Meat Alternates (MMA)***</b> -Daily/ Weekly minimum -At least 80% Whole-Grain Rich	10–14 oz equivalent/week (1 oz daily minimum)	11–14 oz equivalent/week (1 oz daily minimum)	12 ½ – 14 oz equivalent/week (1 oz daily minimum)
<b>Minimum–Maximum Calories (kcal)</b> -Weekly average	490 – 700	560 – 770	630 – 840
<b>Saturated Fat</b> (% of total calories) -Weekly average	<10%	<10%	<10%
<b>Sodium</b> -Weekly average	≤ 760 mg	≤ 840 mg	≤ 900 mg
<b>Added Sugar</b> -Product Based Limits	◦Flavored Milk: ≤10 grams per cup   ◦Yogurt: ≤2 grams per ounce   ◦Cereal: ≤6 grams per dry ounce		

\*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.

\*\*Schools may substitute any vegetable for fruit **one day a week**. Schools choosing to substitute vegetables for fruits on **two or more days a week** are required to offer vegetables from **at least 2 different subgroups**.

\*\*\*Schools may offer grains, MMA, or a combination of both to meet the minimum ounce equivalent requirements for the combined component.