

## National School Lunch Program Meal Pattern – 4 Day Week

Food Components	Grade K–5	Grade 6–8	Grade 9–12
<b>Milk*</b> -Daily/ Weekly minimum-maximum**	4 cups/week (1 cup daily)	4 cups/week (1 cup daily)	4 cups/week (1 cup daily)
<b>Meats/Meat Alternates (MMA)</b> -Daily/ Weekly minimum-maximum**	6 ½ -8 oz equivalent/week** (1 oz daily minimum)	7 -8 oz equivalent/week** (1 oz daily minimum)	8 -9 ½ oz equivalent/week* (2 oz daily minimum)
<b>Vegetables</b> (total) -Daily/ Weekly minimum	3 cups/week (¾ cup daily minimum)	3 cups/week (¾ cup daily minimum)	4 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	1 ¼ 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	2 cups/week (½ cup daily minimum)	2 cups/week (½ cup daily minimum)	4 cups/week (1 cup daily minimum)
<b>Grains / Breads</b> -Daily/ Weekly minimum- maximum** -At least 80% Whole-Grain Rich	6 ½ -7 oz equivalent/week** (1 oz daily minimum)	6 ½ -8 oz equivalent/week** (1 oz daily minimum)	8- 9 ½ oz equivalent/week** (2 oz daily minimum)
<b>Minimum – Maximum Calories (kcal)</b> -Weekly average	550 – 650	600 – 700	750 – 850
<b>Saturated Fat</b> (% of total calories) -Weekly average	<10%	<10%	<10%
<b>Sodium</b> -Weekly average	≤1,110 mg	≤1,225 mg	≤1,280 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 – 4 Day Week

Food Components	Grade K–5	Grade 6–8	Grade 9–12
<b>Milk*</b>	4 cups/week (1 cup daily)	4 cups/week (1 cup daily)	4 cups/week (1 cup daily)
<b>Fruits**</b>	4 cups/week (1 cup daily minimum)	4 cups/week (1 cup daily minimum)	4 cups/week (1 cup daily minimum)
<b>Grains and/or Meats/Meat Alternates (MMA)***</b> -Daily/ Weekly minimum -At least 80% Whole-Grain Rich	5 ½ -8 oz equivalent/wk (1 oz daily minimum)	6½ -8 oz equivalent/wk (1 oz daily minimum)	7 -8 oz equivalent/wk (1 oz daily minimum)
<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%
<b>Sodium</b> -Weekly average	≤ 540 mg	≤ 600 mg	≤ 640 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 vegetables for fruits **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.