

National School Lunch Program Meal Pattern 3 Day Week

Food Components	Grade K–5	Grade 6–8	Grade 9–12
Milk* -Daily/ Weekly minimum-maximum**	3 cups/week (1 cup daily)	3 cups/week (1 cup daily)	3 cups/week (1 cup daily)
Meats/Meat Alternates (MMA) -Daily/ Weekly minimum-maximum**	5 - 6 oz equivalent/week** (1 oz daily minimum)	5 ½ -6 oz equivalent/week** (1 oz daily minimum)	6 -7 oz equivalent/week** (2 oz daily minimum)
Vegetables (total) -Daily/ Weekly minimum	2 ¼ cups/week (¾ cup daily minimum)	2 ¼ cups/week (¾ cup daily minimum)	3 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>	½ cup/wk	½ cup/wk	1 cup/wk
<i>Beans, Peas & 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>	¼ cup/wk	¼ cup/wk	½ cup/wk
Fruits -Daily/ Weekly minimum	1 ½ cups/week (½ cup daily minimum)	1 ½ cups/week (½ cup daily minimum)	3 cups/week (1 cup daily minimum)
Grains / Breads -Daily/ Weekly minimum- maximum** -At least 80% Whole-Grain Rich	5 –5 ½ oz equivalent/week** (1 oz daily minimum)	5 -6 oz equivalent/week** (1 oz daily minimum)	6 -7 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%
Sodium -Weekly average	≤1,110 mg	≤1,225 mg	≤1,280 mg
Added Sugar -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 whole, reduced-fat (2%), low-fat (1%) or fat-free (skim).

** Staying within the maximums helps with dietary specifications but are not required.

School Breakfast Program Meal Pattern 3 Day Week

Food Components	Grade K–5	Grade 6–8	Grade 9–12
Milk*	3 cups/week (1 cup daily)	3 cups/week (1 cup daily)	3 cups/week (1 cup daily)
Fruits**	3 cups/week (1 cup daily minimum)	3 cups/week (1 cup daily minimum)	3 cups/week (1 cup daily minimum)
Grains and/or Meats/Meat Alternates (MMA)*** -Daily/ Weekly minimum -At least 80% Whole-Grain Rich	4 -6 oz equivalent/wk (1 oz daily minimum)	5 -6 oz equivalent/wk (1 oz daily minimum)	5½-6 oz equivalent/wk (1 oz daily minimum)
Minimum – Maximum Calories (kcal) -Weekly average	350 – 500	400 – 550	450 – 600
Saturated Fat (% of total calories) -Weekly average	<10%	<10%	<10%
Sodium -Weekly average	≤ 540 mg	≤ 600 mg	≤ 640 mg
Added Sugar -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.