

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

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

| Food Components                                                                                                | Grade K–5                                                                                           | Grade 6–8                                     | Grade 9–12                                   |
|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------|----------------------------------------------|
| <b>Milk*</b>                                                                                                   | 4 cups/week<br>(1 cup daily)                                                                        | 4 cups/week<br>(1 cup daily)                  | 4 cups/week<br>(1 cup daily)                 |
| <b>Fruits**</b>                                                                                                | 4 cups/week<br>(1 cup daily minimum)                                                                | 4 cups/week<br>(1 cup daily minimum)          | 4 cups/week<br>(1 cup daily minimum)         |
| <b>Grains and/or Meat/Meat Alternates (MMA)***</b><br>-Daily/ Weekly minimum<br>-At least 80% Whole-Grain Rich | 5½–8 oz equivalent/wk<br>(1 oz daily minimum)                                                       | 6½–8 oz equivalent/wk<br>(1 oz daily minimum) | 7–8 oz equivalent/wk<br>(1 oz daily minimum) |
| <b>Minimum – Maximum Calories (kcal)</b><br>-Weekly average                                                    | 350–500                                                                                             | 400–550                                       | 450–600                                      |
| <b>Saturated Fat</b> (% of total calories)<br>-Weekly average                                                  | <10%                                                                                                | <10%                                          | <10%                                         |
| <b>Sodium</b><br>-Weekly average                                                                               | ≤ 540 mg                                                                                            | ≤ 600 mg                                      | ≤ 640 mg                                     |
| <b>Added Sugar</b><br>-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).

\*\*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.