

Healthy School Meal Pattern

LUNCH MEAL PATTERN

Meal Pattern	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week (minimum per day)		
Fruits (cups)	2 ½ (½)	2½ (½)	5 (1)
Vegetables (cups)	3¾ (¾)	3¾ (¾)	5 (1)
Dark green	½	½	½
Red/Orange	¾	¾	1¼
Beans and peas	½	½	½
Starchy	½	½	½
Other	½	½	¾
Additional Vegetable to Reach Total	1	1	1½
Grains (oz. eq.)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat alternates (oz. eq.)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Minimum-maximum calories (kcal)	550-650	600-700	750-850
Saturated fat (% of total calories)	< 10	< 10	< 10
Sodium (mg) ★	≤ 935	≤ 1035	≤ 1080
<u>Trans</u> fat	Nutrition label or manufacturer specifications must indicate ZERO (0) grams of <u>trans</u> fat per serving.		


- Amount of food per week (minimum per day) include food items in each food group, subgroup, and ounce equivalents (oz. eq.)
- Minimum creditable serving is ⅛ cup (fruits or vegetables).
- Larger amounts of all vegetable subgroups (dark green, red/orange, beans and peas, starchy, and other vegetables) may be served. Any vegetable subgroup may be offered as the “additional vegetable” to reach (weekly) total requirement. ¼ cup of dried fruits counts as ½ cup creditable fruits and 1 cup of leafy greens counts as ½ cup of creditable vegetable. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.
- All grains must be whole grain-rich beginning in SY 2014-15.
- There are no maximums of grains or meats/meat alternate. However, nutrient specifications (calories, saturated fat, and sodium) must be met.
- Fluid milk must be low-fat (1%) unflavored or fat-free unflavored or flavored. Fluid milk with fat content greater than 1% milk fat is not allowed.
- The average daily amount of calories for a 5-day school week must be within the range of minimum (no less) and maximum (no more) values.
- Sodium restriction timeline **Lunch**: SY 2022-23: 640mg (K-5), 710mg (6-8), 740mg (9-12).




Systems will be considered compliant if they meet target 1 sodium restrictions.

Healthy School Meal Pattern

BREAKFAST MEAL PATTERN

	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week (minimum per day)		
Fruit/Vegetable (cups)	5 (1)	5 (1)	5 (1)
Grains (oz. eq.)	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz. eq.) <i>(optional)</i>	0	0	0
Fluid milk (cups)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on Average for 5-Day Week			
Minimum-maximum calories (kcal)	350-500	400-550	450-600
Saturated fat (% of total calories)	< 10	< 10	< 10
Sodium (mg) 	≤ 485	≤ 535	≤ 570
<u>Trans</u> fat	Nutrition label or manufacturer specifications must indicate ZERO (0) grams of <u>trans</u> fat per serving.		

- ¼ cup of dried fruit counts as ½ cup creditable fruit and 1 cup of leafy greens counts as ½ cup of creditable vegetable.
- No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.
- A full component of fruit (or vegetable) is required to be offered, but with Offer vs. Serve students must only take ½ cup fruit for the meal to be reimbursable.
- There is no maximum on the grains component. However, nutrient specifications (calories, saturated fat, and sodium) must be met.
- There is no separate meats/meat alternate component in the SBP. A substitution of 1 ounce equivalent (oz. eq.) meats/meat alternate may be made for grains **after** meeting the minimum daily grains requirement.
- All grains must be whole grain-rich (WGR) beginning SY 2014-15.
- Fluid milk must be low-fat (1%) unflavored or fat-free unflavored or flavored. Fluid milk with fat content greater than 1% milk fat is not allowed.
- The average daily amount of calories for a 5-day school week must be within the range of minimum (no less) and maximum (no more) values.
- Sodium restriction timeline **Breakfast**: SY 2022-23: 430mg (K-5), 470mg (6-8), 500mg (9-12).

 Systems will be considered compliant if they meet target 1 sodium restrictions.