

LUNCH MEAL PATTERN (FIVE-DAY WEEK)

Required Meal Components	Grades K-5		Grades 6-8		Grades K-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fruit (Cups)	1/2	2 1/2	1/2	2 1/2	1/2	2 1/2	1	5
Vegetables (Cups)	3/4	3 3/4	3/4	3 3/4	3/4	3 3/4	1	5
Dark Green		1/2		1/2		1/2		1/2
Red/Orange		3/4		3/4		3/4		1 1/4
Beans/Peas (Legumes)		1/2		1/2		1/2		1/2
Starchy		1/2		1/2		1/2		1/2
Other		1/2		1/2		1/2		3/4
Additional to reach total		1		1		1		1 1/2
Grains (oz. equivalents)	1	8-9**	1	8-10**	1	8-9**	2	10-12**
Meat/Meat Alternate (oz. equivalents)	1	8-10**	1	9-10**	1	9-10**	2	10-12**
Fluid Milk (Cups)	1	5	1	5	1	5	1	5

Required Dietary Specifications	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Calorie Range (daily average)	550-650	600-700	600-650	750-850
Saturated Fat (% of total calories)	<10	<10	<10	<10
Trans Fat (grams)	0	0	0	0
Sodium (milligrams)	1230 mg or less	1360 mg or less	1230 mg or less	1420 mg or less

(SEE IMPORTANT NOTES ON NEXT PAGE)

Important Notes:

K-8 Meal Pattern

The K-8 meal pattern is only for schools with grade configurations that prevent students from being separated into the required grade groups (K-5 and 6-8) at lunch. Examples include schools with grades K-8 or grades 5-8 where students from different grade groups eat together during the same lunch period. **If students can be served separately in their appropriate grade groups, schools must use the required meal patterns for grades K-5 and 6-8**

Preschool Meal Pattern

Schools serving preschool and K-5 students in same food service area can choose to follow separate meal patterns (Preschool and K-5) or serve K-5 meal pattern to everyone. If preschool students eat separately in their classroom, schools must follow the preschool meal pattern. Specific preschool meal pattern requirements are available under Resources in SNEARS

****Weekly Grains and Meat/Meat Alternate Ranges**

THERE IS NO MAXIMUM GRAIN OR MEAT/MEAT ALTERNATE REQUIREMENT. Menus are not required to comply with the maximums indicated, but must meet the minimum requirements and stay within the calorie ranges. The weekly maximums provide a guide to help schools plan age-appropriate meals that meet the calorie, saturated fat and sodium requirements.

Meat/Meat Alternate:

- The serving size refers to the edible portion of cooked lean meat, poultry or fish served (i.e., cooked lean meat without bone).
- Meat/meat alternates must be served in a main dish or a main dish and one other food item.
- A 1 ounce equivalent (oz. eq.) serving equals:
 - 1 oz. lean meat, poultry, fish or cheese
 - ¼ cup cooked beans/peas (legumes)
 - ½ large egg
 - 2 Tbsp. nut butters
 - 1 oz. nuts or seeds
 - ½ cup yogurt or soy yogurt
 - ¼ cup commercial tofu containing at least 5 grams protein

Fruit

- Fruit juice may only be offered to meet 50% of the weekly fruit component. Only 100% full strength pasteurized juice is allowed.
- Fruit includes fresh, frozen, canned in light syrup, water or juice and dried.
- All fruits credit based on volume except dried fruit credits as twice the volume served (e.g., ¼ cup dried fruit credits as ½ cup fruit).
- Larger amounts of fruit may be offered if meals do not exceed the weekly limit for calories, saturated fat and sodium.

Vegetables:

- All vegetables credit based on volume except raw leafy greens count as half the volume served (e.g., 1 cup equals ½ cup vegetable).
- Vegetable subgroup requirements are weekly; however, daily minimum vegetable requirements must be met. Refer to the *School Lunch Meal Pattern Subgroup Fact Sheet (#138)* for specific vegetables in each subgroup.
- Any vegetable subgroup may be offered as “additional” vegetables to meet the total weekly vegetable requirements.
- Larger amounts of vegetables may be offered if meals do not exceed the weekly limit for calories, saturated fat and sodium.

Grains:

- All grains must be whole grain-rich (WGR), i.e., the product contains at least 50 percent whole grains, any remaining grains are enriched and any non-creditable grains are less than 2 percent (¼ ounce equivalent) of the product formula. For more information, see *Whole Grain Resource for NSLP and SBP Manual*.
- All grains must meet the serving sizes specified in the *WGR Ounce Equivalent Requirements for School Nutrition Programs Chart*.
- Up to 2 oz. eq. per week may be a grain based dessert as long as menus meet all dietary specifications.

Milk:

At least two varieties must be offered daily from the following choices only:

- Low fat (1%) unflavored or flavored
- Fat free unflavored or flavored

Nutrient Standards:

- Nutrient standards are daily amounts based on the average for a five-day week.
- The sodium limit (Target 1) applies through June 30, 2018.