

National School Lunch Program

School Breakfast Meal Pattern Requirements

	Breakfast Meal Pattern		
	Grades K-5^a	Grades 6-8^a	Grades 9-12^a
Meal Pattern	Amount of Food^b Per Week (Minimum Per Day)		
Fruits (cups)^{c,d}	5 (1)^e	5 (1)^e	5 (1)^e
Vegetables (cups)^{c,d}	0	0	0
Dark green^f	0	0	0
Red/Orange^f	0	0	0
Beans/Peas (Legumes)^f	0	0	0
Starchy^f	0	0	0
Other^{f,g}	0	0	0
Additional Veg to Reach Total^h	0	0	0
Grains (oz eq)ⁱ	7-10 (1)^j	8-10 (1)^j	9-10 (1)^j
Meats/Meat Alternates (oz eq)	0^k	0^k	0^k
Fluid milk (cups)^l	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal)^{m,n,o}	350-500	400-550	450-600
Saturated fat (% of total calories)^{n,o}	< 10	< 10	< 10
Sodium (mg)^{n,p}	≤ 430	≤ 470	≤ 500
Trans fat^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		

^aIn the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).

^b Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.

^cOne quarter-cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^dFor breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).

^eThe fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

^fLarger amounts of these vegetables may be served.

^g This category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

^hAny vegetable subgroup may be offered to meet the total weekly vegetable requirement.

ⁱAt least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).

^jIn the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

^kThere is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

^lFluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^mThe average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

ⁿDiscretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

^oIn the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

[¶]Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfast

School Lunch Meal Pattern Requirements

	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food^b Per Week (Minimum Per Day)		
Fruits (cups)^{c,d}	2½ (½)	2½ (½)	5 (1)
Vegetables (cups)^{c,d}	3¾ (¾)	3¾ (¾)	5 (1)
Dark green^f	½	½	½
Red/Orange^f	¾	¾	1¼
Beans/Peas (Legumes)^f	½	½	½
Starchy^f	½	½	½
Other^{f,g}	½	½	¾
Additional Veg to Reach Total^h	1	1	1½
Grains (oz eq)ⁱ	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)^l	5 (1)	5 (1)	5 (1)
	Other Specifications: Daily Amount Based on the Average for a 5 Day Week		
Min-max calories (kcal)^{m,n,o}	550-650	600-700	750-850
Saturated fat (% of total calories)^{n,o}	< 10	< 10	< 10
Sodium (mg)^{n, p}	≤ 640	≤ 710	≤ 740
Trans fat^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans fat</u> per serving.		

^aIn the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).

^bFood items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ½ cup.

^cOne quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^dFor breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).

^eThe fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

^fLarger amounts of these vegetables may be served.

^gThis category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

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^pFinal sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfasts.

School Afterschool Snack Meal Pattern Requirements

COMPONENTS (Choose Any Two)	1- 5 years	6-12 years	Above 12 years
MILK Fluid as beverage or on cereal	½ cup	1 cup	> 1 cup
VEGETABLE and FRUIT Vegetable(s) and/or fruit(s); or Full-strength fruit juice; or Full-strength vegetable juice <i>(Juice may not be served when milk is the only other component)</i>	½ cup	¾ cup	> ¾ cup
GRAINS and BREADS A serving is a slice of whole grain rich (WGR) bread; or ½ cup of brown rice or WGR pasta (cooked); or ¾ cup or 1 ounce of WGR dry cereal; or an equivalent serving of other grain-based items	½ slice or ¼ - ⅓ cup	1 slice or ½ - ¾ cup	> 1 slice or > ½ - ¾ cup
MEAT and MEAT ALTERNATES Meat, poultry, fish (cooked) Cheese, aged or processed Alternate protein products Egg (large) Cooked dry beans or peas Yogurt (commercially prepared) Peanut butter or other nut/seed butters Peanuts, soy nuts, tree nuts, seeds	½ ounce	1 ounce	> 1 ounce