

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 ^a	Grades 6-8 ^a	Grades 9-12 ^a	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food ^b Per Week (Minimum Per Day)					
Fruits (cups) ^{c,d}	5 (1) ^e	5 (1) ^e	5 (1) ^e	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^{c,d}	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green ^f	0	0	0	½	½	½
Red/Orange ^f	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) ^f	0	0	0	½	½	½
Starchy ^f	0	0	0	½	½	½
Other ^{f,g}	0	0	0	½	½	¾
Additional Veg to Reach Total ^h	0	0	0	1	1	1½
Grains (oz eq) ⁱ	7(1) ^j	8 (1) ^j	9 (1) ^j	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (oz eq)	0 ^k	0 ^k	0 ^k	8 (1)	9 (1)	10 (2)
Fluid milk (cups) ^l	5 (1)	5 (1)	5 (1)	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	550-650	600-700	750-850
Saturated fat (% of total calories) ^{n,o}	< 10	< 10	< 10	< 10	< 10	< 10
2014-15 Sodium (mg) ^{n, p}	< 540	< 600	< 640	< 1230	< 1360	< 1420
2017-18 Sodium (mg) ^{n, p}	< 485	< 535	< 570	< 935	< 1035	< 1080
2022-23 Sodium (mg) ^{n, p}	< 430	< 470	< 500	< 640	< 710	< 740
Trans fat ^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

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- ^a In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14).
- ^b Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ⅛ cup.
- ^c One 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.
- ^d For 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).
- ^e The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 20142015)
- ^f Larger 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).
- ^h Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
- ⁱ All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).
- ^j In the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).
- ^k There 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.
- ^l Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).
- ^m The 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).
- ⁿ Discretionary 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.**
- ^o In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).
- ^p 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

Meal pattern for preschoolers' lunches

210.10 (4) Schools must follow the traditional food-based menu planning approach to plan lunches for children ages 1–2 and ages 3–4.

(i) *Food components and quantities.* Lunches must offer the food components and quantities specified in the following meal pattern:

TRADITIONAL FOOD-BASED MENU PLANNING APPROACH—MEAL PLAN FOR LUNCHES		
	Group I ages 1–2 preschool	Group II ages 3–4 preschool
Food components and food items	Minimum quantities	
Fluid milk (as a beverage)	6 fluid ounces	6 fluid ounces. ¹
Meat or Meat Alternates: Lean meat, poultry, or fish Alternate Protein Products Cheese Large Egg Cooked Dried beans and peas Peanut butter or other nut or seed butters Yogurt, plain or flavored, unsweetened or sweetened	1 ounce 1 ounce 1 ounce $\frac{1}{2}$ $\frac{1}{4}$ Cup 2 tablespoons 4 ounces or $\frac{1}{2}$ cup	1½ ounces 1½ ounces 1½ ounces $\frac{3}{4}$ $\frac{3}{8}$ cup 3 tablespoons 6 ounces or $\frac{3}{4}$ cup
<i>The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry or fish).</i>	$\frac{1}{2}$ ounce = 50%	$\frac{3}{4}$ ounce = 50%
Vegetable or Fruit: 2 or more servings of vegetables, fruits or both	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Grains/Breads (servings per week): Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or $\frac{1}{2}$ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains.	5 servings per week ³ —minimum of $\frac{1}{2}$ serving per day.	8 servings per week ³ —minimum of 1 serving per day.
210.10 (3) Minimum Nutrient and Calorie Levels for Lunches – Traditional Food-Based Menu Planning Approach preschool ages 3-4 <i>Nutrient and calorie levels. The minimum levels and nutrients and calories that lunches for preschoolers must offer are specified in the following table.</i>		
Calories		517
Total Fat	<30	<30%
Saturated Fat	<10%	<10%
Protein		7 g
Calcium		267 Mg
Iron		3.3 mg
Vitamin A		150 RE
Vitamin C		14 mg

¹ Beginning July 1, 2012 (SY 2012–2013), fluid milk for children Ages 3–4 must be fat-free (unflavored or flavored) or low-fat (unflavored only).

² Must meet the requirements in Appendix A of this part.

³ For the purposes of this table, a week equals five days.