

MEAL PATTERN

COMBINED GRADE GROUPS NSLP & SBP MEAL PATTERNS

BREAKFAST

			GRADES K-8	GRADES 9-12
			Total Portions Per Week (Minimum Portions Per Day)	
Fruits (cups)	And/Or	Vegetables (cups)*	5 (1) cups	5 (1) cups
Grains (oz eq)	And/Or	Meats/Meat Alternates (oz eq)	8 (1) oz eq	9 (1) oz eq
Fluid Milk (cups)			5 (1) cups	5 (1) cups

OTHER SPECIFICATIONS: Daily Amount Based on the Average for a 5-Day Week

Calories: Minimum-Maximum	400-500		450-600
Saturated Fat (% of total calories)	<10%		<10%
Sodium (mg - milligrams)	<540mg for K-5	<600 mg for 6-8	<640 mg for 9-12
Daily Grains and/or Meat/Meat Alternates to reach Weekly Requirement	3 - 2 oz. eq. days and 2 - 1 oz. eq. days		4 - 2 oz. eq. days and 1 - 1 oz. eq. day

* With the implementation of the USDA Final Rule titled, Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans, in the 2024-25 School Year, School Breakfast Program menu planners may continue to use vegetables in place of fruits with the following implementation: Plan any two or more vegetable subgroups in place of part or all of the fruit with inclusion of starchy options on two or more days per school week, effective July 1, 2025. For more information, refer to the Final Rule or contact the state agency.

LUNCH

			GRADES K-8	GRADES 9-12
			Total Portions Per Week (Minimum Portions Per Day)	
Fruits (cups)			2 1/2 (1/2) cups	5 (1) cups
Vegetables (cups)			3 3/4 (3/4) cups	5 (1) cups
Dark Green			1/2 cup	1/2 cup
Red/Orange			3/4 cup	1 1/4 cups
Beans, Peas, and Lentils			1/2 cup	1/2 cup
Starchy			1/2 cup	1/2 cup
Other			1/2 cup	3/4 cup
Additional Vegetables to Reach Weekly Total			1 cup	1 1/2 cups
Grains (oz eq)			8 (1) oz eq	10 (2) oz eq
Meats/Meat Alternates (oz eq)			9 (1) oz eq	10 (2) oz eq
Fluid Milk (cups)			5 (1) cups	5 (1) cups

OTHER SPECIFICATIONS: Daily Amount Based on the Average for a 5-Day Week

Calories: Minimum-Maximum	600-650		750-850
Saturated Fat (% of total calories)	<10%		<10%
Sodium (mg)	<1,110 mg for K-5	<1,225 mg for 6-8	<1,280 mg for 9-12
Daily Grains to Reach Weekly Requirement	3 - 2 oz. eq. days and 2 - 1 oz. eq. days		5 - 2 oz. eq. days
Daily Meats/Meat Alternates to Reach Weekly Requirement	4 - 2 oz. eq. days and 1 - 1 oz. eq. day		5 - 2 oz. eq. days

For current nutrition standard requirements, go to <https://www.fns.usda.gov/cn/fr-042524>



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