

MEAL PATTERN

COMBINED GRADE GROUPS NSLP & SBP MEAL PATTERNS

BREAKFAST

	Grades K-8	Grades K-12
	Total Portions Per Week (Minimum Portions Per Day)	
Fruits (cups)	5 (1) cups	5 (1) cups
Vegetables (cups)	0 cups	0 cups
Grains (oz eq)	8 (1) oz eq	9 (1) oz eq
Meats/Meat Alternates (oz eq)	0 oz eq	0 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	450-500
Saturated Fat (% of total calories)	<10%	<10%
Sodium (mg - milligrams) Target 1	<540mg for K-5*	<600 mg for 6-8* <640 mg for 9-12*
Trans Fat (in processed foods)	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.	
Daily Grains 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

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 (Legumes)	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) Target 1A	<1,110 mg for K-5*	<1,225 mg for 6-8* <1,280 mg for 9-12*
Trans Fat (in processed foods)	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.	
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

* Effective July 1, 2023 - June 30, 2024

For current nutrition standard requirements, go to www.fns.usda.gov/cn/nutrition-standards-school-meals

