

NATIONAL SCHOOL LUNCH PROGRAM SCHOOL YEAR

<i>Lunch Meal Pattern</i>	<i>Amount of food per week (Minimum per day)</i>			
<i>Menu Component</i>	<i>Grades K-5</i>	<i>Grades 6-8</i>	<i>Grades 9-12</i>	<i>Grades K-8</i>
Fruit (cups)	2 ½ (½)	2 ½ (½)	5 (1)	2 ½ (½)
Vegetables (cups)	3 ¾ (¾)	3 ¾ (¾)	5 (1)	3 ¾ (¾)
Dark Green	½	½	½	½
Red/Orange	¾	¾	1 ¼	¾
Beans/Peas (legumes)	½	½	½	½
Starchy	½	½	½	½
Other vegetable	½	½	¾	½
Additional Vegetables to reach total	1	1	1 ½	1
Grains (oz eq)*	8 (1)	8 (1)	10 (2)	8 (1)
Meat/Meat Alternate (oz)	8 (1)	9 (1)	10 (2)	9 (1)
Fluid Milk (cups)**	5 (1)	5 (1)	5 (1)	5 (1)
OTHER SPECIFICATIONS: DAILY AMOUNT BASED ON THE AVERAGE FOR A 5-DAY WEEK				
Min-Max calories	550-650	600-700	750-850	600-650
Saturated fat (% of total calories)	<10%			
Sodium (mg; 2017 targets)	≤ 935	≤ 1035	≤ 1080	≤ 935
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving			

*NOTE – All Grains must be Whole Grain Rich

**Fluid milk must be offered in a variety of low-fat (1%, unflavored) and/or fat-free (flavored or unflavored)

SCHOOL BREAKFAST PROGRAM

	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
Breakfast Meal Pattern	AMOUNT OF FOOD PER WEEK (MINIMUM PER DAY)			
<i>Fruit (cups)</i> ¹	5 (1)	5 (1)	5 (1)	5 (1)
<i>Vegetables (cups)</i>	0	0	0	0
<i>Grains (oz. eq.)</i> ^{2*}	7 (1)	8 (1)	9 (1)	9 (1)
<i>Meat/Meat Alternate</i> ³	0	0	0	0
<i>Fluid Milk (cups)</i> **	5 (1)	5 (1)	5 (1)	5 (1)
OTHER SPECIFICATIONS: DAILY AMOUNT BASED ON THE AVERAGE FOR A 5-DAY WEEK				
Min-Max calories	350-500	400-550	450-600	450-500
Saturated Fat (% of total calories) ⁴	<10%	<10%	<10%	<10%
Sodium (mg)	2017 target ≤ 485	2017 target ≤ 535	2017 target ≤ 570	2017 target ≤ 485
Trans Fat ⁵	Nutrition label or manufacturer specifications must indicate zero grams of fat per serving			

*All Grains must be Whole Grain Rich

**Fluid milk must be offered in a variety of low-fat (1%, unflavored) and/or fat-free (flavored or unflavored)

¹ One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. All juice must be 100% full-strength. Vegetables from the Dark Green, Red/Orange, Beans/Peas/Legumes or Other subgroup may be offered in place of fruit. Starchy vegetables may be offered after 2 cups of vegetables referenced above are met.

² All grains must be whole grain-rich in both the NSLP and the SBP.

³ There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

⁴ In the SBP, calories and trans fat specifications took effect beginning July 1, 2013 (SY 2013-2014).

⁵ In the SBP, calories and trans fat specifications took effect beginning July 1, 2013 (SY 2013-2014).

This institution is an equal opportunity provider.