

National School Lunch Program 2013-2014 School Year

Lunch Meal Pattern	Amount of food per week (Minimum per day)		
Menu Component	Grades K-5	Grades 6-8	Grades 9-12
Fruit (cups) *	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups)	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark Green	½	½	½
Red/Orange	¾	¾	1 ¼
Beans/Peas (legumes)	½	½	½
Starchy	½	½	½
Other vegetable	½	½	¾
Additional Vegetables to reach total	1	1	1 ½
Grains (oz eq)**	8 (1)	8 (1)	10 (2)
Meat/Meat Alternate (oz)	8 (1)	9 (1)	10 (2)
Fluid Milk (cups)***	5 (1)	5 (1)	5 (1)
Calories	550-650	600-700	750-850

* Note - Fruits and Vegetables are now 2 separate components

**Half of all weekly Grains must be Whole Grain-Rich (Starting 2014-2015, 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

2013-2014 School Year

Breakfast Meal Pattern	Amount of food per week (Minimum amount of food per day)		
	Grades K-5	Grades 6-8	Grades 9-12
Fruit (cups)*	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups)	0	0	0
Dark Green	0	0	0
Red/Orange	0	0	0
Beans/Peas (legumes)	0	0	0
Starchy	0	0	0
Other	0	0	0
Additional Vegetable to reach total	0	0	0
Grains (oz eq)**	7-10 (1)	8-10 (1)	9-10 (1)
Meat/Meat Alternate (oz eq)	0	0	0
Fluid Milk (cups)***	5 (1)	5 (1)	5 (1)

*Beginning 2014-2015, one full cup of fruit must be offered at breakfast

** Half of Grains must be Whole Grain Rich. Starting 2014-2015, 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)