

Lunch Meal Pattern – Effective July 1, 2019

Food Component	Required Grade Groups ¹ Amount of Food per Week (Minimum per Day) ²		
	Grades K-5	Grades 6-8	Grades 9-12
Fruit: ³ Dried Fruit – 1/4 cup serving is equal to 1/2 cup of fruit	1/2 cup per day 2 ½ cups per week	1/2 cup per day 2 ½ cups per week	1 cup per day 5 cups per week
Vegetables: ^{3,4} 1 cup of leafy greens = 1/2 cup of vegetable Required Vegetable Subgroups:	3/4 cup per day 3 ¾ cups per week	3/4 cup per day 3 ¾ cup per week	1 cup per day 5 cups per week
Dark Green Bok Choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, romaine lettuce, and spinach.	1/2 cup per week	1/2 cup per week	1/2 cup per week
Red/Orange Acorn squash, butternut squash, carrots, pumpkin, tomatoes, tomato juice and sweet potatoes.	3/4 cup per week	3/4 cup per week	1 ¼ cups per week
Bean/Peas (Legumes) ⁵ Black beans, black-eyed peas (mature dry), garbanzo beans (chickpeas), kidney beans, lentils, navy beans, pinto beans, split peas, and white beans.	1/2 cup per week	1/2 cup per week	1/2 cup per week
Starchy Black-eyed peas (not dry), corn, peas, green lima beans, water chestnuts, and white potatoes.	1/2 cup per week	1/2 cup per week	1/2 cup per week
Other Includes all other vegetables, such as artichokes, asparagus, avocado, beets, cabbage, cauliflower, celery, cucumbers, green beans, green peppers, iceberg lettuce, mushrooms, onions, wax beans, and zucchini.	1/2 cup per week	1/2 cup per week	3/4 cup per week
Additional ⁶ Any other vegetable subgroup may be offered to meet weekly requirement.	1 cup per week	1 cup per week	1 ½ cups per week
Grains: At least half the grains offered during the week must be whole grain-rich. Dessert – maximum of 2 oz. eq. grains per week Grains-Breads Chart ⁷	8 oz eq per week 1 oz eq per day	8 oz eq per week 1 oz eq per day	10 oz eq per week 2 oz eq per day
Meat/Meat Alternate: (Imitation cheese, canned or powdered cheese/sauce and bacon do not credit.) Meat/Meat Alternate Examples:	8 oz per week 1 oz per day	9 oz per week 1 oz per day	10 oz per week 2 oz per day
Meat, poultry, fish (cooked wt), cheese (aged or processed)	1 oz	1 oz	2 oz
Egg (large)	1/2 large egg	1/2 large egg	1 large egg
Cooked dry beans/peas ⁵	1/4 cup	1/4 cup	1/2 cup
Yogurt & Soy Yogurt (commercially prepared)	4 fl oz or 1/2 cup	4 fl oz or 1/2 cup	8 fl oz or 1 cup
Peanut butter or other nut/seed butter	2 Tbsp	2 Tbsp	4 Tbsp
Peanuts, soy nuts, tree nuts, seeds (No more than 50% of the daily requirement)	1 oz	1 oz	1 oz
Tofu (commercially prepared)	2.2 oz or 1/4 cup	2.2 oz or 1/4 cup	4.4 oz or 1/2 cup
Milk (fluid): Served as a beverage - must offer two kinds. Unflavored or flavored milk must be low fat (1%) or fat free.	8 fl oz per day	8 fl oz per day	8 fl oz per day
Calories: Minimum-maximum ranges when averaged for a week ^{8,9}	550-650	600-700	750-850
Saturated Fat: percent of total calories	< 10%	< 10%	< 10%
Sodium: milligrams	≤ 1230	≤ 1360	≤ 1420
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat/serving.		

¹ For purposes of this meal pattern, a week equals five days. For weeks with a greater or lesser number of days, the servings per week must be prorated.

² Food items included in each food group and subgroup and amount equivalents. The minimum creditable serving size for a fruit or vegetable is 1/8 cup.

³ All juice must be 100% full-strength. No more than ½ of the fruit or vegetable offerings per week may be in the form of juice.

⁴ Subgroup examples - not all inclusive.

⁵ Dried beans or peas may be credited as a meat/meat alternate or as a vegetable, but not as both in the same meal.

⁶ Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

⁷ At least half of the grains offered to meet the daily/weekly grain requirement must be whole grain-rich.

⁸ 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).

⁹ 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.