

National School Lunch Program Meal Pattern and Nutrient Specifications

	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food ^b Per Week (Minimum Per Day)		
Fruits (cups)^c	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups)^c	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark Green^f	½	½	½
Red/Orange^f	¾	¾	1 ¼
Beans/Peas (Legumes)^f	½	½	½
Starchy^f	½	½	½
Other^{f,g}	½	½	¾
Additional Veg to Reach Total ^h	1	1	1 ½
Grains (oz eq) ⁱ	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (oz eq)	8 (1)	9 (1)	10 (2)
Fluid Mild (cups)^l	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-Max calories (kcal)^{m,n}	550-650	600-700	750-850
Saturated fat (% of total calories)ⁿ	< 10	< 10	< 10
Sodium (mg)^{n,p}	≤ 640	≤ 710	≤ 740
Trans fatⁿ	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

^b Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ⅓ cup.

^c One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

^f Larger amounts of these vegetables may be served.

^g This category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

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

ⁱ All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).

^l Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^m 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).

ⁿ 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. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

^p Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches.