

National School Lunch Program Meal Pattern

Food Group	Requirements K-12
Fruit and Vegetables	$\frac{3}{4}$ - 1 cup of vegetables plus <i>Vi</i> -1 cup of fruit per day Note: Students are allowed to select $\frac{1}{2}$ cup fruit or vegetable under OVS
Vegetables	Weekly requirement for: <ul style="list-style-type: none"> • dark green • red/orange • bean/peas (legumes) • starchy • other (as defined in 2010 Dietary Guidelines)
Meat/Meat Alternate (M/MA)	Daily minimum and weekly ranges: Grades K-5: 1 oz. eq. min. daily (8-10 oz. weekly) Grades 6-8: 1 oz. eq. min. daily (9-10 oz. weekly) Grades 9-12: 2 oz. eq. min. daily (10-12 oz. weekly)
Grains	Daily minimum and weekly ranges: Grades K-5: 1 oz. eq. min. daily (8-9 oz. weekly) Grades 6-8: 1 oz. eq. min. daily (9-10 oz. weekly) Grades 9-12: 2 oz. eq. min daily (10-12 oz. weekly)
Whole Grains	At least half of the grains must be whole grain-rich beginning July 1, 2012. Beginning July 1, 2014, all grains must be whole grain rich.
Milk	1 cup Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)

National School Lunch Nutrient Standards

<p>Sodium 2012-13 2013-14 Reduce, no set targets</p>	<p>Target 1: SY 2014-15</p> <p><u>Lunch</u> 1230mg (K-5) 1360mg(6-8) 1420mg (9-12)</p> <p><u>Breakfast</u> 540mg (K-5) 600mg(6-8) 640mg (9-12)</p>	<p>Target 2: SY 2017-18</p> <p><u>Lunch</u> 935mg (K-5) 1035mg(6-8) 1080mg (9-12)</p> <p><u>Breakfast</u> 485mg (K-5) 535mg(6-8) 570mg (9-12)</p>	<p>Final target: 2022-23</p> <p><u>Lunch</u> 640mg (K-5) 710mg(6-8) 740mg (9-12)</p> <p><u>Breakfast</u> 430mg (K-5) 470mg(6-8) 500mg (9-12)</p>
<p>Calories (min. only) 2011-12 <i>Traditional Menu Planning</i> Lunch: 633 (grades K-3) 785 (grades 4-12) 825 (optional grades 7-12)</p> <p>Breakfast: 554 (grades K-12)</p> <p><i>Enhanced Menu Planning</i> Lunch: 664 (grades K-6) 825 (grades 7-12) 663 (optional grades K-3)</p> <p>Breakfast: 554 (grades K-12) 618 (optional grades 7-12)</p> <p><i>Nutrient Based Menu Planning</i> Lunch: 664 (grades K-6) 825 (grades 7-12) 633 (optional grades K-3)</p> <p>Breakfast: 554 (grades K-12) 618 (optional grades 7-12)</p>	<p>Calorie Ranges (min. & max.) 2012-13 <i>Only food-based menu planning allowed</i></p> <p>Lunch: 550-650 (grades K-5) 600-700 (grades 6-8) 750-850 (grades 9-12)</p> <p>Breakfast: 350-500 (grades K-5) 400-550 (grades 6-8) 450-600 (grades 9-12)</p>		
<p>Saturated Fat 2011-12 10% of total calories</p>	<p>Saturated Fat 10% of total calories</p>		
<p>Trans Fat: no limit 2011-12</p>	<p>New specification: zero grams per serving (nutrition label)</p>		

School Breakfast Program Meal Pattern

Food Group	Requirements K-12
Fruit	<p>1 cup per day (vegetable substitution allowed)</p> <p>Note: Quantity required SY 2014-15. Students are allowed to select ½ cup of fruit under OVS</p>
Grains and Meat/Meat Alternate (M/MA)	<p>Daily min. and weekly ranges for grains:</p> <p>Grades K-5: 1 oz. eq. min, daily (7-10 oz. weekly)</p> <p>Grades 6-8: 1 oz. eq. min. daily (8-10 oz. weekly)</p> <p>Grades 9-12: 1 oz. eq. min. daily (9-10 oz. weekly)</p> <p>Note: Quantity required SY 2013-14. Schools may substitute M/MA for grains after the minimum daily grains requirement is met.</p>
Whole Grains	<p>At least half of the grains must be whole grain-rich beginning July 1, 2013. Beginning July 1, 2014, all grains must be whole grain rich.</p>
Milk	<p>1 cup Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)</p>