

National School Lunch Meal Pattern

| Food Components | Grade K - 5 | Grade 6 – 8 | Grade K – 8 | Grade 9 - 12 |
|---|--|--|--|---|
| Milk Fat-free or low-fat, flavored or unflavored | 5 cups/week (1 cup daily) | 5 cups/week (1 cup daily) | 5 cups/week (1 cup daily) | 5 cups/week (1 cup daily) |
| Meats or Meat Alternates | 8 oz equivalent/week (1 oz daily minimum) | 9 oz equivalent/week (1 oz daily minimum) | 9 oz equivalent/week (1 oz daily minimum) | 10 oz equivalent/week (2 oz daily minimum) |
| Grains 80% of the grains offered weekly must be whole grain-rich | 8 oz equivalent/week (1 oz daily minimum) | 8 oz equivalent/week (1 oz daily minimum) | 8 oz equivalent/week (1 oz daily minimum) | 10 oz equivalent/week (2 oz daily minimum) |
| Fruits | 2½ cups/week (½ cup daily minimum) | 2½ cups/week (½ cup daily minimum) | 2½ cups/week (½ cup daily minimum) | 5 cups/week (1 cup daily minimum) |
| Vegetables (total) | 3¾ cups/week (¾ cup daily minimum) | 3¾ cups/week (¾ cup daily minimum) | 3¾ cups/week (¾ cup daily minimum) | 5 cups/week (1 cup daily minimum) |
| <i>Dark Green Subgroup</i> | ½ cup/wk | ½ cup/wk | ½ cup/wk | ½ cup/wk |
| <i>Red / Orange Subgroup</i> | ¾ cup/wk | ¾ cup/wk | ¾ cup/wk | 1¼ cup/wk |
| <i>Legumes Subgroup</i> | ½ cup/wk | ½ cup/wk | ½ cup/wk | ½ cup/wk |
| <i>Starchy Subgroup</i> | ½ cup/wk | ½ cup/wk | ½ cup/wk | ½ cup/wk |
| <i>Other Subgroup</i> | ½ cup/wk | ½ cup/wk | ½ cup/wk | ¾ cup/wk |
| <i>Additional Vegetables to reach total</i> | 1 cup/wk | 1 cup/wk | 1 cup/wk | 1 ½ cup/wk |
| Minimum – Maximum Calories (kcal) | 550 – 650 | 600 – 700 | 600 – 650 | 750 - 850 |
| Saturated Fat (% of total calories) -Weekly average | <10% | <10% | <10% | <10% |
| Sodium* (mg) -Weekly average | ≤1230 (T1); ≤1,110 (T1A) | ≤1360 (T1); ≤1,225 (T1A) | ≤1230 (T1); ≤1,110 (T1A) | ≤1420 (T1); ≤1,280 (T1A) |
| Trans Fat | 0 grams / serving | 0 grams / serving | 0 grams / serving | 0 grams / serving |

*Per USDA Transitional Standards for Milk, Whole Grains, and Sodium Final Rule, schools may continue to reach Target 1 sodium levels in School Year 2022-23. Sodium Interim Target 1A must be met no later than July 1, 2023 (SY 2023-2024).

Last updated 8/2022