

Lunch Meal Pattern 2014-2015

	Grades K-5 ^a	Grades 6-8 ^a	Overlapping Grades K-8	Grades 9-12 ^a
Fruits ^{b,c,d}	Weekly: 2 ½ cups Daily: ½ cup			Weekly: 5 cups Daily: 1 cup
Vegetables ^{b,c,d}	Weekly: 3 ¾ cups Daily: ¾ cup			Weekly: 5 cups Daily: 1 cup
Dark Green ^d	½ cup			½ cup
Red/Orange ^d	¾ cup			1 ¼ cup
Beans/Peas ^d	½ cup			½ cup
Starchy ^d	½ cup			½ cup
Other ^{d,e}	½ cup			¾ cup
Additional Veg to Reach Total ^f	1 cup			1 ½ cup
Grains ^{g,h}	Weekly: ≥ 8 oz eq Daily: 1 oz eq			Weekly: ≥ 10 oz eq Daily: 2 oz eq
Recommended Target Maximum for Grains: 9 oz eq per week for K-5 and K-8, 10 oz eq per week for 6-8, and 12 oz eq per week for 9-12.				
Meat/Meat Alternates ^h	Weekly: ≥ 8 oz eq Daily: 1 oz eq	Weekly: ≥ 9 oz eq Daily: 1 oz eq		Weekly: ≥ 10 oz eq Daily: 2 oz eq
Recommended Target Maximum for M/MA: 10 oz eq per week for K-5, 6-8 and K-8, 12 oz eq per week for 9-12.				
Fluid milk ⁱ	1 cup daily required for all age-grade groups			
Other Specifications: Daily Amount Based on the Average for a 5-Day Week				
Min-max calories (kcal) ^{j,k}	550-650	600-700	600-650	750-850
Saturated fat (% of total calories) ^k	< 10	< 10	< 10	< 10
Trans fat ^k	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.			
Sodium ^l	≤ 1230 mg	≤ 1360 mg	≤ 1230 mg	≤ 1420 mg

^a In the NSLP, the above age-grade groups are required beginning July 1, 2012.

^b Minimum creditable serving for fruits and vegetables is ⅛ 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.

^d Larger amounts of these vegetables may be served.

^e 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).

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

^g All grains credited towards the meal pattern for the SBP and NSLP must be whole grain-rich as of July 1, 2014.

^h Minimum creditable serving for grains and meat/meat alternates is 0.25 ounce equivalents (oz eq).

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

^j 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).

^k 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.

^l 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 and § 220.8(f)(3) for breakfasts.