

## Lunch Meal Pattern – Effective July 1, 2021

Food Component	Required Grade Groups <sup>1</sup> Minimum Amount of Food <sup>2</sup> per Day & Week		
	Grades K-5	Grades 6-8	Grades 9-12
<b>Fruit:</b> <sup>3</sup> Dried Fruit – 1/4 cup serving is equal to 1/2 cup of fruit	<b>1/2 cup per day</b> <b>2 ½ cups per week</b>	<b>1/2 cup per day</b> <b>2 ½ cups per week</b>	<b>1 cup per day</b> <b>5 cups per week</b>
<b>Vegetables:</b> <sup>3,4</sup> 1 cup of leafy greens = 1/2 cup of vegetable <b>Required Vegetable Subgroups:</b>	<b>3/4 cup per day</b> <b>3 ¾ cups per week</b>	<b>3/4 cup per day</b> <b>3 ¾ cup per week</b>	<b>1 cup per day</b> <b>5 cups per week</b>
<b>Dark Green</b> 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
<b>Red/Orange</b> 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
<b>Bean/Peas (Legumes)</b> <sup>5</sup> 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
<b>Starchy</b> 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
<b>Other</b> 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
<b>Additional</b> <sup>6</sup> Any other vegetable subgroup may be offered to meet weekly requirement.	1 cup per week	1 cup per week	1 ½ cups per week
<b>Grains:</b> All of the grains offered during the week must be whole grain-rich. Dessert – maximum of 2 oz. eq. grains per week Grains-Breads Chart <sup>7</sup>	<b>1 oz eq per day</b> <b>8 oz eq per week</b>	<b>1 oz eq per day</b> <b>8 oz eq per week</b>	<b>2 oz eq per day</b> <b>10 oz eq per week</b>
<b>Meat/Meat Alternate:</b> (Imitation cheese, canned or powdered cheese/sauce and bacon do not credit.) <b>Meat/Meat Alternate Examples:</b>	<b>1 oz per day</b> <b>8 oz per week</b>	<b>1 oz per day</b> <b>9 oz per week</b>	<b>2 oz per day</b> <b>10 oz per week</b>
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 <sup>5</sup>	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
<b>Milk (fluid):</b> Served as a beverage. Must offer two kinds. Unflavored low fat (1%) or fat free. Flavored milk must be fat free.	<b>8 fl oz per day</b>	<b>8 fl oz per day</b>	<b>8 fl oz per day</b>
<b>Calories:</b> Minimum-maximum ranges when averaged for a week <sup>8,9</sup>	<b>550-650</b>	<b>600-700</b>	<b>750-850</b>
<b>Saturated Fat:</b> percent of total calories	<b>&lt; 10%</b>	<b>&lt; 10%</b>	<b>&lt; 10%</b>
<b>Sodium:</b> milligrams <sup>10</sup>			
<b>Target 1:</b> SY 2021-22 with Sodium Waiver Request granted by SA	<b>≤ 1230</b>	<b>≤ 1360</b>	<b>≤ 1420</b>
<b>Target 2:</b> SY 2021-22	<b>≤ 935</b>	<b>≤ 1035</b>	<b>≤ 1080</b>
<b>Trans Fat</b>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat/serving.		

<sup>1</sup> 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.

<sup>2</sup> 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.

<sup>3</sup> 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.

<sup>4</sup> Subgroup examples - not all inclusive.

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

<sup>6</sup> Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

<sup>7</sup> All of the grains offered to meet the daily/weekly grain requirement must be whole grain-rich.

<sup>8</sup> 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).

<sup>9</sup> 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.

<sup>10</sup> Target 2 sodium standards are required to be met in SY 2021-2022. However, sponsors who complete the Sodium Waiver Request will be granted flexibility to serve meals that meet the Target 1 sodium standards for SY 2021-2022. For SFAs using an overlap of grade groups, the required sodium target will be the lesser of the overlapped grade groups.