

Lunch Meal Pattern – Effective July 1, 2024

Food Component	Required Grade Groups ¹ Minimum Amount of Food ² per Day & Week		
	Grades K-5	Grades 6-8	Grades 9-12
Fruit: ³ Dried Fruit – 1/4 cup serving is equal to 1/2 cup of fruit	1/2 cup per day 2 ½ cups per week	1/2 cup per day 2 ½ cups per week	1 cup per day 5 cups per week
Vegetables: ^{3,4} 1 cup of leafy greens = 1/2 cup of vegetable Required Vegetable Subgroups:	3/4 cup per day 3 ¾ cups per week	3/4 cup per day 3 ¾ cup per week	1 cup per day 5 cups per week
Dark Green 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
Red/Orange 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
Bean, Peas, and Lentils (from dry form) ⁵ 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
Starchy 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
Other 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
Additional ⁶ Any other vegetable subgroup may be offered to meet weekly requirement.	1 cup per week	1 cup per week	1 ½ cups per week
Grains: At least 80% of the grains offered during the week must be whole grain-rich. Dessert – maximum of 2 oz. eq. grains per week Grains-Breads Chart ⁷	1 oz eq per day 8 oz eq per week	1 oz eq per day 8 oz eq per week	2 oz eq per day 10 oz eq per week
Meat/Meat Alternate: (Imitation cheese, canned or powdered cheese/sauce and bacon do not credit.) Meat/Meat Alternate Examples:	1 oz per day 8 oz per week	1 oz per day 9 oz per week	2 oz per day 10 oz per week
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
Beans, Peas, and Lentils (from dry form) ⁵	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	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
Milk (fluid): Served as a beverage. Must offer two kinds. May offer unflavored or flavored low fat (1%) or fat free.	8 fl oz per day	8 fl oz per day	8 fl oz per day
Calories: Minimum-maximum ranges when averaged for a week ^{8,9}	550-650	600-700	750-850
Saturated Fat: percent of total calories	< 10%	< 10%	< 10%
Sodium: milligrams ¹⁰ Target 1A from the transitional final rule: Through SY 2026-2027	≤ 1110	≤ 1225	≤ 1280

¹ 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.

² 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.

³ 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.

⁴ Subgroup examples - not all inclusive.

⁵ Bean, peas, and lentils may be credited as a meat/meat alternate or as a vegetable, but not as both in the same meal. When offered as a meat alternate may be counted towards the weekly bean, peas, and lentils vegetable subgroup requirement. If offered as a meat alternate would not count towards the daily or weekly vegetable meal component requirements. Schools using this option would be required to offer more vegetables to meet the daily and weekly vegetable meal component requirements.

⁶ Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

⁷ 80% of the grains offered to meet the weekly grain requirement must be whole grain-rich.

⁸ 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).

⁹ 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.

¹⁰ For SFAs using an overlap of grade groups, the required sodium target will be the lesser of the overlapped grade groups.