

Meal Patterns

For Required Grade Groups: Breakfast and Lunch

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)					
Fruit (cups)	5 (1)	5 (1)	5 (1)	2 1/2 (1/2)	2 1/2 (1/2)	5 (1)
Vegetables (cups)	0	0	0	3 3/4 (3/4)	3 3/4 (3/4)	5 (1)
Dark Green	0	0	0	1/2	1/2	1/2
Red / Orange	0	0	0	3/4	3/4	1 1/4
Beans / Peas (Legumes)	0	0	0	1/2	1/2	1/2
Starchy	0	0	0	1/2	1/2	1/2
Other	0	0	0	1/2	1/2	3/4
Additional Veg To Reach Total	0	0	0	1	1	1 1/2
Grains (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)	8-9 (1)	8-10 (1)	10-12 (2)
Meats / Meat Alternates (oz eq)	0	0	0	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based On The Average For A 5-Day Week						
Min-Max Cals (kcal)	350-500	400-550	450-600	550-650	600-700	750-850
Saturated Fat (% of total calories)	<10	<10	<10	<10	<10	<10
Sodium (mg)	≤430	≤470	≤500	≤640	≤710	≤740
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					