

# Overview of Meal Pattern - Lunch

Lunch Meal Pattern				
Meal Pattern	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
	Amount of Food Per Week (Minimum Per Day)			
Fruits (cups)	2 ½ (½)	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups)	3 ¾ (¾)	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark green	½	½	½	½
Red/Orange	¾	¾	¾	1 ¼
Beans and peas (legumes)	½	½	½	½
Starchy	½	½	½	½
Other	½	½	½	¾
Additional Vegto Reach Total	1	1	1	1½
Grains (ounce equivalent)	8 (1)	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (ounce equivalent)	8 (1)	9 (1)	9 (1)	10 (2)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week				
Min-max calories (kcal)	550-650	600-700	600-650	750-850
Saturated fat (% of total calories)	< 10	< 10	< 10	< 10
Sodium (mg) 3 Phases-Final Target 2022-2023	≤ 640	≤ 710	≤ 640	≤ 740
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.			

# Grains Component—Breakfast

Grades K-5	Grades 6-8	Grade K-8	Grades 9-12
7 oz equivalents Minimum Weekly	8 oz equivalents Minimum Weekly	8 oz equivalents Minimum Weekly	9 oz equivalents Minimum Weekly
1 oz equivalent Minimum Daily	1 oz equivalent Minimum Daily	1 oz equivalent Minimum Daily	1 oz equivalent Minimum Daily

# Breakfast Juice/Fruit/Vegetable

Grades K-5	Grades 6-8	Grade K-8	Grades 9-12
5 cups Minimum Weekly	5 cups Minimum Weekly	5 cups Minimum Weekly	5 cups Minimum Weekly
1 cup Minimum Daily	1 cup Minimum Daily	1 cup Minimum Daily	1 cup Minimum Daily