

Nutrition Standards

Meal Pattern	Breakfast Meal Pattern					Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12	Grades K-5	Grades 6 8	Grades K-8	Grades 9-12
	Amount of Food ^a Per Week (Minimum Per Day)					Amount of Food ^a Per Week (Minimum Per Day)			
Fruits (cups) ^{b,c}	5 (1) ^d	5 (1) ^d	5 (1) ^d	5 (1) ^d	5 (1) ^d	2 1/2 (1/2)	2 1/2 (1/2)	2 1/2 (1/2)	5 (1)
Vegetables (cups) ^{b,c}	0	0	0	0	0	3 3/4 (3/4)	3 3/4 (3/4)	3 3/4 (3/4)	5 (1)
Dark green ^e	0	0	0	0	0	1/2	1/2	1/2	1/2
Red/Orange ^e	0	0	0	0	0	3/4	3/4	3/4	1 1/4
Beans and peas (legumes) ^e	0	0	0	0	0	1/2	1/2	1/2	1/2
Starchy ^e	0	0	0	0	0	1/2	1/2	1/2	1/2
Other ^{e,f}	0	0	0	0	0	1/2	1/2	1/2	3/4
Additional Veg to Reach Total ^g	0	0	0	0	0	1	1	1	1 1/2
Grains (oz eq) ^h	7-10 (1)	8-10 (1)	8-10 (1)	9-10 (1)	9-10 (1)	8-9 (1)	8-10 (1)	8-9 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 ⁱ	0 ⁱ	0 ⁱ	0 ⁱ	0 ⁱ	8-10 (1)	9-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^j	5 (1)	5 (1)	5 (1)	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 calories (kcal) ^{k,1}	350-500	400-550	400-500	450-600	450-500	550-650	600-700	600-650	750-850
Saturated fat (% of total calories) ¹	< 10	< 10	< 10	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) ¹									
Target 1 (SY 2014-2015)	< 540	< 600	< 540	< 640	< 540	< 1230	< 1360	< 1230	< 1420
Target 2 (SY 2017-2018)	< 485	< 535	< 485	< 570	< 485	< 935	< 1035	< 935	< 1080
Final Targets (SY 2022-2023)	< 430	< 470	< 430	< 500	< 430	< 640	< 710	< 640	< 740
Trans Fat ¹	Nutrition Label/manufacture specification must indicate 0 (< .5 grams of trans fat per serving.								

^a Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is 1/4 cup.

^b One quarter-cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 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.

^c For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or "Other vegetables" subgroups as defined in §210.10(c)(2)(iii).

^d The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

^e Larger amounts of these vegetables may be served.