

Nutrition Standards in the National School Lunch and School Breakfast Programs—Jan. 2019

Meal Pattern	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food ^a Per Week (Minimum Per Day)					
Fruits (cups) ^{b,c}	5 (1) ^d	5 (1) ^d	5 (1) ^d	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^{b,c}	0	0	0	¾ (¼)	¾ (¼)	5 (1)
Dark green ^e	0	0	0	½	½	½
Red/Orange ^e	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) ^e	0	0	0	½	½	½
Starchy ^e	0	0	0	½	½	½
Other ^{e,i}	0	0	0	½	½	¾
Additional Veg to Reach Total ^g	0	0	0	1	1	1½
Grains (oz eq) ^h	7 (1)	8 (1)	9 (1)	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (oz eq)	0 ⁱ	0 ⁱ	0 ⁱ	8 (1)	9 (1)	10 (2)
Fluid milk (cups) ^{j,k}	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) ^{l,m,n}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) ^{m,n}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) ^{m,p}	≤ 540	≤ 600	≤ 640	≤ 1,230	≤ 1,360	≤ 1,420
Trans fat ^{m,n}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.					

^a Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ¼ cup.

^b One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ 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.

^e Larger amounts of these vegetables may be served.

^f This category consists of "Other vegetables" as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

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

^h At least half of the grains offered must be whole grain-rich in the NSLP and SBP beginning July 1, 2019 (SY 2019-2020).

ⁱ There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013, schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

^j Fluid milk may be low-fat or fat-free (unflavored or flavored). (New SY2018-19)

^k Unflavored fat-free or low-fat milk must be offered during NSLP and SBP (New SY2019-20)

^l 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).

^m 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. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

ⁿ In the SBP, calories and trans fat specifications take effect beginning July 1, 2013.

^p Sodium specifications for NSLP and SBP remain at Target Level 1 through the end of SY 2023-24. Compliance with Sodium Target 2 will begin July 1, 2024.