

Final Rule Meal Pattern

	Breakfast Meal Pattern			Lunch Meal Pattern		
	GradesK-5 ^a	Grades6-8 ^a	Grades9-12 ^a	GradesK-5	Grades6-8	Grades9-12
Meal Pattern	Amount of Food ^b Per Week (Minimum Per Day)					
Fruits (cups) ^{c,d}	5 (1) ^e	5 (1) ^e	5 (1) ^e	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups) ^{c,d}	0	0	0	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green ^f	0	0	0	0.5	0.5	0.5
Red/Orange ^f	0	0	0	0.75	0.75	1.25
Beans/Peas (Legumes) ^f	0	0	0	0.5	0.5	0.5
Starchy ^f	0	0	0	0.5	0.5	0.5
Other ^{f,g}	0	0	0	0.5	0.5	0.75
Additional Veg to Reach Total ^h	0	0	0	1	1	1.5
Grains (oz eq) ⁱ	7-10 (1) ^j	8-10 (1) ^j	9-10 (1) ^j	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 ^k	0 ^k	0 ^k	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^l	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) ^{m,n,o}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) ^{n,o}	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) ^{n,p}	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat^{n,o}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.					