

Nutrition Standards As of July 1, 2024

School Breakfast

Amount of Food¹ per Week (minimum per day)

| Meal Components | Grades K-5 | Grades 6-8 | Grades 9-12 |
|---|------------|------------|-------------|
| Fruits (cups) ² | 5 (1) | 5 (1) | 5 (1) |
| Vegetables (cups) ² | 0 | 0 | 0 |
| <ul style="list-style-type: none"> • Dark green subgroup | 0 | 0 | 0 |
| <ul style="list-style-type: none"> • Red/orange subgroup | 0 | 0 | 0 |
| <ul style="list-style-type: none"> • Beans, peas, and lentils subgroup | 0 | 0 | 0 |
| <ul style="list-style-type: none"> • Starchy subgroup | 0 | 0 | 0 |
| <ul style="list-style-type: none"> • Other vegetables subgroup | 0 | 0 | 0 |
| Grains or meats/meat alternates (oz. eq.) ³ | 7-10 (1) | 8-10 (1) | 9-10 (1) |
| Fluid milk (cups) ⁴ | 5 (1) | 5 (1) | 5 (1) |

This institution is an equal opportunity provider.

Daily Amount Based on the Average for a 5-Day Week⁵

| Dietary Specifications | Grades K-5 | Grades 6-8 | Grades 9-12 |
|--|------------|------------|-------------|
| Minimum-maximum calories (kcal) | 350-500 | 400-550 | 450-600 |
| Saturated fat (% of total calories) | <10 | <10 | <10 |
| Added sugars (% of total calories) - must be implemented by July 1, 2027 | <10 | <10 | <10 |
| Sodium limit - in place through June 30, 2027 | ≤540 mg | ≤600 mg | ≤640 mg |
| Sodium limit - must be implemented by July 1, 2027 | ≤485 mg | ≤535 mg | ≤570 mg |

Endnotes

¹ Food items included in each group and subgroup and amount equivalents.

² Minimum creditable serving is 1/8 cup. Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Schools may substitute vegetables for fruit at breakfast as described in paragraphs (c) (2) (i) and (ii) of this section.

³ Minimum creditable serving is 0.25 oz. eq. School may offer grains, meats/meat alternates, or a combination of both to meet the daily and weekly ounce equivalents for this combined component. At least 80 percent of grains offered weekly at breakfast must be whole grain-rich as defined in § 210.2 of this chapter, and the remaining grain items offered must be enriched.

⁴ Minimum creditable serving is 8 fluid ounces. All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less) and must meet the requirements in paragraph (d) of this section.

⁵ By July 1, 2027, schools must meet the dietary specification for added sugars. Schools must meet the sodium limits by the dates specified in this chart. Discretionary sources of calories may be added to the meal pattern if within the dietary specifications.

Nutrition Standards As of July 1, 2024

School Lunch

Amount of Food¹ per Week (minimum per day)

| Meal Components | Grades K-5 | Grades 6-8 | Grades 9-12 |
|--|---------------|---------------|-------------|
| Fruits (cups) ² | 2 1/2 (1/2) | 2 1/2 (1/2) | 5 (1) |
| Vegetables (cups) ² | 3 3/4 (3/4) | 3 3/4 (3/4) | 5 (1) |
| <ul style="list-style-type: none"> • Dark green subgroup³ | 1/2 | 1/2 | 1/2 |
| <ul style="list-style-type: none"> • Red/orange subgroup³ | 3/4 | 3/4 | 1 1/4 |
| <ul style="list-style-type: none"> • Beans, peas, and lentils subgroup³ | 1/2 | 1/2 | 1/2 |
| <ul style="list-style-type: none"> • Starchy subgroup³ | 1/2 | 1/2 | 1/2 |
| <ul style="list-style-type: none"> • Other vegetables subgroup^{3,4} | 1/2 | 1/2 | 3/4 |
| <ul style="list-style-type: none"> • Additional vegetables from any subgroup to reach total | 1 | 1 | 1 1/2 |
| Grains (oz. eq.) ⁵ | 8-9 (1) | 8-10 (1) | 10-12 (2) |
| Meats/meat alternates (oz. eq.) ⁶ | 8-10 (1) | 9-10 (1) | 10-12 (2) |
| Fluid milk (cups) ⁷ | 5 (1) | 5 (1) | 5 (1) |

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Daily Amount Based on the Average for a 5-Day Week⁸

| Dietary Specifications | Grades K-5 | Grades 6-8 | Grades 9-12 |
|--|-------------------|-------------------|--------------------|
| Minimum-maximum calories (kcal) | 550-650 | 600-700 | 750-850 |
| Saturated fat (% of total calories) | <10 | <10 | <10 |
| Added sugars (% of total calories) - must be implemented by July 1, 2027 | <10 | <10 | <10 |
| Sodium limit - in place through June 30, 2027 | ≤1,110 mg | ≤1,225 mg | ≤1,280 mg |
| Sodium limit - must be implemented by July 1, 2027 | ≤935 mg | ≤1,035 mg | ≤1,080 mg |

Endnotes

¹Food items included in each group and subgroup and amount equivalents.

²Minimum creditable serving is 1/8 cup. 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 percent full-strength.

³Larger amounts of these vegetables may be served.

⁴This subgroup consists of “Other vegetables” as defined in paragraph (c)(2)(ii)(E) of this section. For the purposes of the NSLP, the “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and bean, peas, and lentils vegetable subgroups as defined in paragraph (c)(2)(ii) of this section.

⁵Minimum creditable serving is 0.25 oz. eq. At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich as defined in § 210.2 of this chapter, and the remaining grains items offered must be enriched.

⁶Minimum creditable serving is 0.25 oz. eq.

⁷Minimum creditable serving is 8 fluid ounces. All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less) and must meet the requirements in paragraph (d) of this section.

⁸By July 1, 2027, schools must meet the dietary specification for added sugars. Schools must meet the sodium limits by the dates specified in this chart. Discretionary sources of calories may be added to the meal pattern if within the dietary specifications.

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