

**APPENDIX 2.1: LUNCH MEAL PATTERN TABLE**

| Lunch Meal Pattern  |   |   |                                   |                                   |             |
|---|---|---|-----------------------------------|-----------------------------------|-------------|
|   | Pre-K   | Grades K-5  | Grades K-8                        | Grades 6-8                        | Grades 9-12 |
| Meal Pattern Component  | Amount of Food Per Week (Minimum Per Day)                       |   |                                   |                                   |             |
| Fruits (cups)   | $(\frac{1}{4})^2$   | 2 ½ ( $\frac{1}{2}$ )   | 2 ½ ( $\frac{1}{2}$ )             | 2 ½ ( $\frac{1}{2}$ )             | 5 (1)       |
| Vegetables (cups)   | $(\frac{1}{4})^2$   | 3 $\frac{3}{4}$ ( $\frac{3}{4}$ )   | 3 $\frac{3}{4}$ ( $\frac{3}{4}$ ) | 3 $\frac{3}{4}$ ( $\frac{3}{4}$ ) | 5 (1)       |
| Dark green  | No vegetable subgroup requirements for this age/grade group.    | 1/2   | 1/2                               | 1/2                               | 1/2         |
| Red/orange  |   | 3/4   | 3/4                               | 3/4                               | 1 ¼         |
| Beans and peas (legumes)  |   | 1/2   | 1/2                               | 1/2                               | 1/2         |
| Starchy   |   | 1/2   | 1/2                               | 1/2                               | 1/2         |
| Other   |   | 1/2   | 1/2                               | 1/2                               | 3/4         |
| Additional vegetables <sup>1</sup>  |   | 1   | 1                                 | 1                                 | 1 ½         |
| Grains (oz. eq.) <sup>5</sup>   | (.5 oz)   | 8-9 (1)   | 8-9 (1)                           | 8-10 (1)                          | 10-12 (2)   |
| Meats/meat alternates (oz. eq.) <sup>5</sup>                                    | (1.5 oz)  | 8-10 (1)  | 9-10 (1)                          | 9-10 (1)                          | 10-12 (2)   |
| Fluid milk (cups)   | $(\frac{3}{4})^4$   | 5 (1)   | 5 (1)                             | 5 (1)                             | 5 (1)       |
| <b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b> |   |   |                                   |                                   |             |
| Min-max calories  | No Dietary Specification requirements for this age/grade group. | 550-650   | 600-650                           | 600-700                           | 750-850     |
| Saturated fat (% of total calories)   |   | < 10  | < 10                              | < 10                              | < 10        |
| Sodium Target 2 (mg) (SY 17-18)   |   | ≤ 935   | ≤ 935                             | ≤ 1035                            | ≤ 1080      |
| Trans fat (g)   |   | Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving which indicates < 0.5 g of trans fat. |                                   |                                   |             |

<sup>1</sup> To reach the total weekly required amount of vegetables.<sup>2</sup> A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch, two different kinds of vegetables must be served.<sup>4</sup> Milk must be 1 percent or less low fat or fat free, unflavored.<sup>5</sup> Weekly Grain and M/MA ranges serve as a guide to help CEs plan age-appropriate meals and meet dietary specifications requirements. Exceeding the weekly grain and M/MA ranges is not a violation of the Meal Pattern.

**APPENDIX 2.1: BREAKFAST MEAL PATTERN TABLE**

| Breakfast Meal Pattern  |   |  |            |            |             |             |
|---|---|--|------------|------------|-------------|-------------|
|   | Pre-K   | Grades K-5   | Grades K-8 | Grades 6-8 | Grades 9-12 | Grades K-12 |
| Meal Pattern  | Amount of Food Per Week (Minimum Per Day)                       |  |            |            |             |             |
| Fruits (cups)   | (1/2)   | 5 (1)  | 5 (1)      | 5 (1)      | 5 (1)       | 5 (1)       |
| Grains (oz. eq.)  | (.5 oz.) <sup>2</sup>   | 7-10 (1)   | 8-10 (1)   | 8-10 (1)   | 9-10 (1)    | 9-10 (1)    |
| Fluid milk (cups)   | (3/4)   | 5 (1)  | 5 (1)      | 5 (1)      | 5 (1)       | 5 (1)       |
| <b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b> |   |  |            |            |             |             |
| Min-max calories (kcal)   |   | 350-500  | 400-500    | 400-550    | 450-600     | 450-500     |
| Sodium Target 2 (SY 17-18)  | No Dietary Specification requirements for this age/grade group. | ≤ 485  | ≤ 485      | ≤ 535      | ≤ 570       | ≤ 485       |
| Saturated fat (% of total calories)   |   | < 10   | < 10       | < 10       | < 10        | < 10        |
| Trans fat   |   | Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving. |            |            |             |             |

<sup>1</sup> Weekly Grain ranges serve as a guide to help CEs plan age-appropriate meals and meet dietary specifications requirements. Exceeding the weekly grain ranges is not a violation of the Meal Pattern.

<sup>2</sup> Grain-based desserts are not creditable. Meat/Meat Alternate may be substituted for the daily grains requirement a maximum of three times a week. See additional guidelines for required ounces for puffed cereal, granola, and cooked cereals and sugar limits on cereals and yogurt