

National School Lunch Program Meal Pattern*

Food Group	Current Requirements K-12	New Requirements K-12
FRUIT AND VEGETABLES	½ - ¾ CUP OF FRUIT AND VEGETABLES COMBINED PER DAY	¾ - 1 CUP OF VEGETABLES <u>PLUS</u> ½-1 CUP OF FRUIT PER DAY
VEGETABLES	NO SPECIFICATIONS AS TO TYPE OF VEGETABLE SUBGROUP	WEEKLY REQUIREMENT FOR: <ul style="list-style-type: none"> • DARK GREEN • RED/ORANGE • BEANS/PEAS (LEGUMES) • STARCHY
MEAT/MEAT ALTERNATE (M/MA)	1.5 – 2 OZ EQ. (DAILY MINIMUM)	DAILY MINIMUM AND WEEKLY RANGES: GRADES K-5: 1 OZ EQ. MIN. DAILY (8-10 OZ WEEKLY) GRADES 6-8 : 1 OZ EQ. MIN. DAILY (9-10 OZ WEEKLY) GRADES 9-12 : 2 OZ EQ. MIN. DAILY (10-12 OZ WEEKLY)
GRAINS	8 SERVINGS PER WEEK (MINIMUM OF 1 SERVING PER DAY)	DAILY MINIMUM AND WEEKLY RANGES: GRADES K-5: 1 OZ EQ. MIN. DAILY (8-9 OZ WEEKLY) GRADES 6-8 : 1 OZ EQ. MIN. DAILY (8-10 OZ WEEKLY) GRADES 9-12 : 2 OZ EQ. MIN. DAILY (10-12 OZ WEEKLY)
WHOLE GRAINS	ENCOURAGED	AT LEAST HALF OF THE GRAINS MUST BE WHOLE GRAIN-RICH BEGINNING JULY 1, 2012. BEGINNING JULY 1, 2014, ALL GRAINS MUST BE WHOLE GRAIN RICH.
MILK	1 CUP VARIETY OF FAT CONTENTS ALLOWED; FLAVOR NOT RESTRICTED	1 CUP MUST BE FAT-FREE(UNFLAVORED/FLAVORED) OR 1% LOW FAT (UNFLAVORED)

MIN-MAX CALORIE RANGES FOR LUNCH

Grades K-5 (550-650) Grades 6-8 (600-700) Grades 9-12 (700-800)

* <http://www.fns.usda.gov/cnd/governance/legislation/comparison.pdf>