


Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs

	Breakfast Meal Pattern					Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-8	Grades K-12	Grades K-5	Grades 6-8	Grades 9-12	Grades K-8
Meal Pattern	Amount of Food Per Week ^a (Minimum Per Day)								
Fruits (cups) ^{b, c}	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	2 ½ (½)	2 ½ (½)	5 (1)	2 ½ (½)
Vegetables (cups) ^{b, c}	0	0	0	0	0	3 ¾ (¾)	3 ¾ (¾)	5 (1)	3 ¾ (¾)
Dark Green ^d	0	0	0	0	0	½	½	½	½
Red/Orange ^d	0	0	0	0	0	¾	¾	1 ¼	¾
Beans/Peas/Lentils ^d	0	0	0	0	0	½	½	½	½
Starchy ^d	0	0	0	0	0	½	½	½	½
Other ^{d, e}	0	0	0	0	0	½	½	¾	½
Additional Veg to Reach Total ^f	0	0	0	0	0	1	1	1 ½	1
Grans (oz eq) ^g <small>Minimums</small>	7 (1)	8 (1)	9 (1)	8 (1)	9 (1)	8 (1)	8 (1)	10 (2)	8 (1)
Meats/Meat Alternates (oz eq) <small>Minimums</small>	0 ^h	0 ^h	0 ^h	0 ^h	0 ^h	8 (1)	9 (1)	10 (2)	9 (1)
Fluid Milk (cups) ⁱ	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Min-max Calories (kcal) ^{j, k}	350-500	400-550	450-600	400-500	450-500	550-650	600-700	750-850	600-650
Saturated Fat ^k (% of total calories)	< 10	< 10	< 10	< 10	< 10	< 10	< 10	< 10	<10
Sodium (mg) ^k	≤ 540	≤ 600	≤ 640	≤ 540	≤ 540	≤ 1110	≤ 1225	≤ 1280	≤ 1110

^a Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ½ 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. Schools choosing to offer vegetables at breakfast one day per school week have the option to offer any vegetable subgroup.

Schools choosing to offer vegetables at breakfast two or more days per school week are required to offer vegetables from at least two different subgroups.

^d Larger amounts of these vegetables may be served.

^e 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, lentils vegetable subgroups as defined in §210.10(c)(2)(iii).

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

^g All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014.

^h At Breakfast the grain component is now a combined grain and meat/meat alternate meal component. This removes the requirement for schools to offer 1oz equivalent of grains each day at breakfast. Schools may offer grains, meat/meat alternates, or a combination of both to meet the SBP meal requirements.

ⁱ Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^j 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).

^k Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.