

ATTACHMENT E – USDA MEAL PATTERNS

Meal pattern for school breakfasts for grades K through 12. A school must offer the food components and quantities required in the breakfast meal pattern established in the following table:

	Breakfast meal pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food ^a per Week		
	(minimum per day)		
Fruits (cups) ^{bc}	5 (1)	5 (1)	5 (1)
Vegetables (cups) ^{bc}	0	0	0
Dark green	0	0	0
Red/Orange	0	0	0
Beans and peas (legumes)	0	0	0
Starchy	0	0	0
Other	0	0	0
Grains (oz eq) ^d	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq) ^e	0	0	0
Fluid milk (cups) ^f	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^{gh}	350-500	400-550	450-600
Saturated fat (% of total calories) ^h	<10	<10	<10
Sodium Target 2 (mg) ^{hi}	≤485	≤535	≤570
Trans fat ^{hj}	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.		

Meal pattern for school lunches. Schools must offer the food components and quantities required in the lunch meal pattern established in the following table:

	Lunch meal pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food ^a per Week		
	(minimum per day)		
Fruits (cups) ^b	2½ (½)	2½ (½)	5 (1) ½
Vegetables (cups) ^b	3¾ (¾)	3¾ (¾)	5 (1)
Dark green ^c	½	½	½
Red/Orange ^c	¾	¾	1¼
Beans and peas (legumes) ^c	½	½	½
Starchy ^c	½	½	½
Other ^{cd}	½	½	¾
Additional Vegetables to Reach Total ^e	1	1	1½
Grains (oz eq) ^f	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^g	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^h	550-650	600-700	750-850
Saturated fat (% of total calories) ^h	<10	<10	<10
Sodium Target 2 (mg) ^{hi}	≤935	≤1,035	≤1,080
<i>Trans</i> fat ^{hj}	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.		

Meal pattern for school snacks for grades K through 12. A school must offer two of the four food components and quantities required in the National School Lunch Program Meal Pattern for Afterschool Snacks Service established in the following table:

Meal Components ¹		Pre-K	K-12
Milk	Fluid milk	4 fl oz (1/2 cup)	8 fl oz (1 cup)
Vegetables or Fruit ^{2, 9}	Juice ^{2, 9} , fruit, and/or vegetable	1/2 cup	3/4 cup
Grains/Breads ^{3, 4} (Select one)	Bread	1/2 slice	1 slice
	Cornbread/biscuit/roll/muffin	1/2 serving	1 serving
	Cold dry cereal ⁴	1/3 cup or 1/2 oz	3/4 cup or 1 oz
	Cooked cereal grains	1/4 cup	1/2 cup
	Pasta/noodles	1/4 cup	1/2 cup
Meats/Meat Alternates ^{5, 6, 7} (Select one)	Meat/poultry/fish ⁵	1/2 oz	1 oz
	Alternate protein products ⁶	1/2 oz	1 oz
	Cheese	1/2 oz	1 oz
	Egg (large)	1/2 large egg	1/2 large egg
	Cooked dry beans/peas	1/8 cup	1/4 cup
	Peanut/other nut/seed butters	1 Tbsp	2 Tbsp
	Nuts and/or seeds ⁷	1/2 oz ⁷	1 oz
	Yogurt ⁸	2 oz (1/4 cup)	4 oz (1/2 cup)

1 Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

2 Full-strength vegetable or fruit juice may count towards the entire vegetables or fruit component.

3 Grains/Breads must be whole grain or enriched, or made from whole grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole grain, enriched, or fortified.

4 Either volume (cup) or weight (oz), whichever is less.

5 A serving consists of the edible portion of cooked lean meat or poultry or fish.

6 Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

7 Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced. 8 Yogurt may be plain or flavored, unsweetened or sweetened – commercially prepared. 9 Juice may not be served at snack when milk is served as the only other component.