

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-5	Grades 6-8	Grades 9-12
<b>Meal Pattern</b>	<b>Amount of Food Per Week (Minimum Per Day)</b>					
Fruits (cups) <sup>c,d</sup>	7 (1)	7 (1)	7 (1)	3½ (½)	3½ (½)	7 (1)
Vegetables (cups) <sup>c,d</sup>	0	0	0	5 1/4 (¾)	5 1/4 (¾)	7 (1)
Dark green <sup>f</sup>	0	0	0	½	½	½
Red/Orange <sup>f</sup>	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) <sup>f</sup>	0	0	0	½	½	½
Starchy <sup>f</sup>	0	0	0	½	½	½
Other <sup>e,s</sup>	0	0	0	½	½	¾
Additional Veg to Reach Total <sup>b</sup>	0	0	0	2 ½	2 ½	3 ½
Grains (oz eq) <sup>i</sup>	10 (1)	11 (1)	12.5 (1)	11 (1)	11 (1)	14 (2)
Meats/Meat Alternates (oz eq)	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>	11 (1)	12.5 (1)	14 (2)
Fluid milk (cups) <sup>l</sup>	7 (1)	7 (1)	7 (1)	7 (1)	7 (1)	7 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>						
Min-max calories (kcal) <sup>m,n</sup>	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) <sup>n</sup>	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) <sup>o,p</sup>	Target 1 - ≤ 540 Target 2 - ≤ 485 Target 3 - ≤ 430	Target 1 - ≤ 600 Target 2 - ≤ 535 Target 3 - ≤ 470	Target 1 - ≤ 640 Target 2 - ≤ 570 Target 3 - ≤ 500	Target 1 - ≤ 1230 Target 2 - ≤ 935 Target 3 - ≤ 640	Target 1 - ≤ 1360 Target 2 - ≤ 1035 Target 3 - ≤ 710	Target 1 - ≤ 1420 Target 2 - ≤ 1080 Target 3 - ≤ 740
Trans fat <sup>q</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

<sup>b</sup> Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ½ cup.

<sup>c</sup> 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.

<sup>d</sup> For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).

<sup>f</sup> Larger amounts of these vegetables may be served.

<sup>g</sup> 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 (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

<sup>h</sup> Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

<sup>i</sup> All grains meeting the grain requirement must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014.

<sup>k</sup> There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

<sup>l</sup> Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

<sup>m</sup> The average daily amount of calories for a 7-day week must be within the range (at least the minimum and no more than the maximum values).

<sup>n</sup> Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium.

<sup>p</sup> Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and §220.8(f)(3) for breakfast