



School Meals Patterns with Flexibilities for SY 2018/2019

(per Interim Final Rule 82 FR 56703, Nov. 30, 2017)

	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) ^{b c}	5 (1)	5 (1)	5 (1)
Vegetables (cups) ^{b c}	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 ^f (cups)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) ^{g h}	350-500	400-550	450-600
Saturated fat (% of total calories) ^h	<10	<10	<10
Sodium Target 1 (mg) ^{h i}	≤540	≤600	≤640
Trans fat ^{h j}	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.		

^a Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is $\frac{1}{8}$ cup.

^b One quarter cup of dried fruit counts as $\frac{1}{2}$ cup of fruit; 1 cup of leafy greens counts as $\frac{1}{2}$ 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 Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Starchy vegetables can be served at any time during the week provided the menu planner offers at least 2 cups from the under consumed subgroups during that same week. Under consumed vegetable subgroups are the dark green, red/orange, legumes, and "other vegetables" subgroups, as defined in 7 CFR 210.10(c)(2)(iii).

^d All grains must be whole-grain-rich. Exemptions are allowed as specified in 7 CFR 220.8(c)(2)(iv)(B). Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

^e There is no meat/meat alternate requirement.

^f All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored.

^g The average daily calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).

^h 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. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

ⁱ Sodium Target 1 (shown) is effective from July 1, 2014 (SY 2014-2015) through June 30, 2019 (SY 2018-2019). For sodium targets due to take effect beyond SY 2018-2019, see 7 CFR 220.8(f)(3).

^j Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.

	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	2 ¹ / ₂ (¹ / ₂)	2 ¹ / ₂ (¹ / ₂)	5 (1)
Vegetables (cups) ^b	3 ³ / ₄ (³ / ₄)	3 ³ / ₄ (³ / ₄)	5 (1)
Dark green ^c	¹ / ₂	¹ / ₂	¹ / ₂
Red/Orange ^c	³ / ₄	³ / ₄	1 ¹ / ₄
Beans and peas (legumes) ^c	¹ / ₂	¹ / ₂	¹ / ₂
Starchy ^c	¹ / ₂	¹ / ₂	¹ / ₂
Other ^{c,d}	¹ / ₂	¹ / ₂	³ / ₄
Additional Vegetables to Reach Total ^e	1	1	1 ¹ / ₂
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 1 (mg) ^{h,i}	≤1,230	≤1,360	≤1,420
Trans fat ^{h,j}	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.		

^a Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is ¹/₈ cup.

^b One quarter-cup of dried fruit counts as ¹/₂ cup of fruit; 1 cup of leafy greens counts as ¹/₂ 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 Larger amounts of these vegetables may be served.

^d This category consists of "Other vegetables" as defined in 7 CFR 210.10(c)(2)(iii)(E). For the purposes of the NSLP, the "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 7 CFR 210.10(c)(2)(iii).

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

^f All grains must be whole grain-rich. Exemptions are allowed as specified in 7 CFR 210.10(c)(2)(iv)(B).

^g All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored as specified in 7 CFR 210.10(d)(1)(i).

^h 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. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent are not allowed.

ⁱ Sodium Target 1 (shown) is effective from July 1, 2014 (SY 2014-2015) through June 30, 2019 (SY 2018-2019). For sodium targets due to take effect beyond SY 2018-2019, see 7 CFR 210.10(f)(3).

^j Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.