

Lunch Meal Pattern 2018-19

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Fruits (cups) ^{a,b}	Weekly: 2 ½ cups Daily: ½ cup			Weekly: 5 cups Daily: 1 cup
Vegetables (cups) ^{a,b}	Weekly: 3 ¾ cups Daily: ¾ cup			Weekly: 5 cups Daily: 1 cup
Dark green ^{c,d}	½ cup			½ cup
Red/Orange ^d	¾ cup			1 ¼ cup
Beans and peas ^d (legumes)	½ cup			½ cup
Starchy ^d	½ cup			½ cup
Other ^{d,e}	½ cup			¾ cup
Additional Vegetables to Reach Total ^f	1 cup			1 ½ cups
Grains (oz eq) ^g	Weekly: ≥8oz eq Daily: 1 oz eq			Weekly: ≥10oz eq Daily: 2 oz eq
Meats/Meat Alternates ^g (oz eq)	Weekly: ≥8oz eq Daily: 1 oz eq	Weekly: ≥9oz eq Daily: 1 oz eq		Weekly: ≥10oz eq Daily: 2 oz eq
Fluid milk (cups) ^h	1 cup daily for all age-grade groups			
Other Specifications: Daily Amount Based on the Average for a 5-Day Week				
Min-max calories (kcal) ⁱ	550-650	600-700	600-650	750-850
Saturated fat (% of total calories)	<10			
Sodium Target 1 ^j (mg)	≤1,230	≤1,360	<1,230	≤1,420
Trans fat ^k	0 grams/serving			

- a. Minimum creditable serving is 1/8 cup.
- b. One quarter-cup of dried fruit counts as 1/2 cup of fruit; 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. 1 cup of leafy greens counts as 1/2 cup of vegetables.
- d. Larger amounts of these vegetables may be served.
- e. The "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups.
- f. Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
- g. All grains must be whole grain-rich. Minimum creditable serving for grains and meat/meat alternates is 0.25 ounce equivalents (oz eq).
- h. Unflavored or flavored fluid milk must be low-fat (1%) or fat-free (skim).
- i. 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.
- j. Sodium Target 1 (shown) is effective through June 30, 2019 (SY 2018-2019).
- k. Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.