

Meal Pattern Chart – 5 Day Week beginning July 1, 2022

Reflects USDA Final Rule – Transitional Standards for Milk, Whole Grains, and Sodium

	Breakfast (SBP) Meal Pattern				Lunch (NSLP) Meal Pattern			
Grades	K-5	K-8	6-8	9-12	K-5	K-8	6-8	9-12
Food Components	Minimum Amount of Food ^a per Week (Minimum per Day)							
Fruits (cups) ^b	5 (1)	5 (1)	5 (1)	5 (1)	2½ (½)	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^b	May credit toward Fruits requirement. ^c				3¾ (¾)	3¾ (¾)	3¾ (¾)	5 (1)
Dark green					½	½	½	½
Red/ Orange					¾	¾	¾	1¼
Beans/ Peas (Legumes)					½	½	½	½
Starchy					½	½	½	½
Other ^d					½	½	½	¾
Additional Veg to Reach Total ^e					1	1	1	1½
Grains (oz. equivalent) ^f	7 (1)	8 (1)	8 (1)	9 (1)	8 (1)	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (oz. equivalent) ^g	May credit toward Grains requirement if at least 1 oz. equivalent of Grains is offered. ^h				8 (1)	9 (1)	9 (1)	10 (2)
Fluid milk (cups) ⁱ	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week								
Min-max Calories (kcal) ^j	350-500	400-500	400-550	450-600	550-650	600-650	600-700	750-850
Saturated Fat (% of total calories)	< 10	< 10	< 10	< 10	< 10	< 10	< 10	< 10
Sodium Target 1 (mg) SY 2022-2023	≤ 540	≤ 540	≤ 600	≤ 640	≤ 1,230	≤ 1,230	≤ 1,360	≤ 1,420
Sodium Target 1 & 1A ^k (mg) SY 2023-2024	≤ 540	≤ 540	≤ 600	≤ 640	≤ 1,110	≤ 1,110	≤ 1,225	≤ 1,280
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving. (This does not apply to naturally occurring <i>trans</i> fats present in some meat and dairy products.)							

^a Schools must offer the food components and quantities shown in the table for a reimbursable meal. The minimum creditable amount that counts toward meal pattern requirements is ¼ cup or 0.25 oz. equivalent.

^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 servings per week may be in the form of juice. All juice must be 100% full-strength.

^c Vegetables are not required in the SBP, but schools may choose to offer vegetables in place of fruits. To offer starchy vegetables in place of fruits, at least 2 cups of red/orange, dark green, beans/peas, or “other” vegetable subgroups must also be offered on the breakfast menu within the week. **NOTE: In SY 2022-2023**, schools may offer any vegetable in place of fruits at breakfast, including potatoes and other starchy vegetables, without including vegetables from other subgroups in the weekly menus (Consolidated Appropriations Act, 2022, Section 740, Division A).

^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 subgroup requirement may also be met with any additional amounts from the dark green, red/orange, and beans/peas vegetable subgroups.

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

^f At least 80% of grains offered weekly in both the NSLP and the SBP must meet the whole grain-rich criteria specified in FNS guidance, and the remaining grains offered must be enriched. Schools may count up to 2 oz. eq. grain-based desserts per week toward meeting the grains requirement in NSLP. See [Exhibit A](#) for information on serving grain-based desserts in SBP and NSLP.

^g Nuts or seeds may be used to meet no more than half of the meat/meat alternate component. Another meat/meat alternate must also be offered to meet the full requirement.

^h There is no meat/meat alternate requirement 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 (1 oz. eq.) is offered at breakfast.

ⁱ Fluid milk must be low-fat (1% fat or less) or fat-free (skim) and may be flavored or unflavored. Schools must offer at least two varieties of milk at each meal service, and one variety must be unflavored.

^j The average daily number 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 Sodium Target 1 is in effect starting July 1, 2022, for both SBP and NSLP. Sodium Interim Target 1A must be met in NSLP no later than July 1, 2023 (SY 2023-2024).

March 9, 2022 (Revised April 6, 2022)