Lunch Meal Pattern 2016-2017

6-Day Week	Grades K-5	Grades 6-8	Overlapping Grades K-8	Grades 9-12
Fruits [a,b]	**Weekly: 3 cups Daily: ½ cup**			**Weekly: 6 cups Daily: 1 cup**
Vegetables [a,c]	**Weekly: 4 ½ cups Daily: ¾ cup**			**Weekly: 6 cups Daily: 1 cup**
Dark Green [a,c]	**½ cup**			**½ cup**
Red/Orange [a]	**¾ cup**			**1 ¼ cup**
Beans/Peas [a]	**½ cup**			**½ cup**
Starchy [a]	**½ cup**			**½ cup**
Other [a,c,d]	**½ cup**			**¾ cup**
Additional Veg to Reach Total [a,c,e]	**1 ¾ cup**			**2 ½ cup**
Grains [f,g]	**Weekly: ≥ 9.5 oz eq Daily: 1 oz eq**			**Weekly: ≥ 12 oz eq Daily: 2 oz eq**
	Recommended Target Maximum for Grains: 11 oz eq per week for K-5 and K-8, 12 oz eq per week for 6-8, and 14.5 oz eq per week for 9-12.			
Meat/Meat Alternates [g]	**Weekly: ≥ 9.5 oz eq Daily: 1 oz eq**	**Weekly: ≥ 11 oz eq Daily: 1 oz eq**		**Weekly: ≥ 12 oz eq Daily: 2 oz eq**
	Recommended Target Maximum for M/MA: 12 oz eq per week for K-5, 6-8 and K-8, 14 oz eq per week for 9-12.			
Fluid milk [h]	**1 cup daily (6 cups weekly) required for all age-grade groups**			
Other Specifications: Daily Amount Based on the Average for a 6-Day Week				
Min-max calories (kcal) [i]	**550-650**	**600-700**	**600-650**	**750-850**
Saturated fat (% of total calories)	**< 10**	**< 10**	**<10**	**< 10**
Trans fat	**Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.**			
Sodium [j]	**≤ 1230 mg**	**≤ 1360 mg**	**≤ 1230 mg**	**≤ 1420 mg**

[a] Minimum creditable serving for fruits and vegetables is ⅛ cup.
[b] One quarter-cup of dried fruit counts as ½ 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] One cup of leafy greens counts as ½ cup of vegetables.
[d] 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).
[e] Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
[f] All grains credited towards the meal pattern for the SBP and NSLP must be whole grain-rich as of July 1, 2014.
[g] Minimum creditable serving for grains and meat/meat alternates is 0.25 ounce equivalents (oz eq).
[h] Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).
[i] The average daily amount of calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).
[j] Sodium Target 1 is effective July 1, 2014. Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022, and intermediate sodium specifications are established for SY 2017-2018. For future sodium specifications, see § 210.10(f)(3) for lunch.