

Lunch Meal Pattern 2025-26

6-Day Week

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Fruits (cups) ^{abc}	Weekly: 3 ½ cups Daily: ½ cup			Weekly: 7 cups Daily: 1 cup
Vegetables (cups) ^{ac}	Weekly: 5 ¼ cups Daily: ¾ cup			Weekly: 7 cups Daily: 1 cup
Dark Green ^{de}	½ cup			½ cup
Red/Orange ^e	¾ cup			1 ¼ cup
Beans, Peas, ^{ef} and Lentils	½ cup			½ cup
Starchy	½ cup			½ cup
Other ^e	½ cup			¾ cup
Additional Vegetables to Reach Total ^g	2 ½ cup			3 ½ cups
Grains (oz eq) ^{hi}	Weekly: ≥11 oz eq Daily: 1 oz eq			Weekly: ≥14 oz eq Daily: 2 oz eq
Meats/Meat Alternates (oz eq) ^h	Weekly: ≥11 oz eq Daily: 1 oz eq	Weekly: ≥12.5 oz eq Daily: 1 oz eq		Weekly: ≥14oz eq Daily: 2 oz eq
Fluid Milk (cups) ^j	1 cup daily for all age-grade groups			
Other Specifications: Daily Amount Based on the Average for a 6-Day Week				
Min-Max Calories (kcal) ^k _l	550-650	600-700	600-650	750-850
Saturated Fat (% of total calories) ^l	<10			
Sodium Target 1A (mg) ^{lm}	≤1,110	≤1,225	<1,110	≤1,280
Added Sugars ⁿ	Product-based limits	Product-based limits	Product-based limits	Product-based limits

- a. Minimum creditable serving for fruits and vegetables is 1/8 cup.
- b. Dried fruits credit as double the volume served (e.g. ¼ cup of dried fruit credits as 1/2 cup of fruit).
- c. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength juice.
- d. Leafy green vegetables credit as half the volume served (e.g. 1 cup of leafy greens credits as 1/2 cup of vegetables).
- e. The “Other” vegetable subgroup requirement may be met with any additional amounts from the dark green, red/orange, and beans, peas, and lentils vegetable subgroups.
- f. Beans, peas, and lentils may be offered toward the meat/meat alternate component or the daily vegetable component, but not both components. Bean, peas, and lentils offered towards the meat/meat alternate component may credit towards the weekly beans, peas, and lentils vegetable subgroup requirement.
- g. Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
- h. Minimum creditable serving for grains and meat/meat alternates is 0.25 ounce equivalents (oz eq).
- i. At least 80 percent of grains offered over the week must be whole grain-rich.
- j. All fluid milk must be low-fat (1 percent fat or less, unflavored or flavored) or fat-free (unflavored or flavored).

- k. The average daily calories for a 6-day school week must be within the range (at least the minimum and no more than the maximum values).
- l. Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, and sodium.
- m. Sodium Target 1A is effective through June 30, 2027.
- n. Product-based added sugar limits: **Breakfast Cereals:** no more than 6 grams of added sugar per dry ounce. **Yogurt:** No more than 12 grams of added sugar per 6 ounces. **Flavored Milk:** No more than 10 grams of added sugar per 8 fluid ounces (1 cup). Beginning July 1, 2027, added sugar will need to be limited to less than 10 percent of calories weekly.

