

# Lunch Meal Pattern 2020-21

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| 7-Day Week |
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|   | Grades K-5                           | Grades 6-8                            | Grades K-8 | Grades 9-12                         |
|---|--------------------------------------|---------------------------------------|------------|-------------------------------------|
| Fruits (cups) <sup>a,c</sup>  | Weekly: 3 ½ cups<br>Daily: ½ cup     |                                       |            | Weekly: 7 cups<br>Daily: 1 cup      |
| Vegetables (cups) <sup>a,c,d</sup>  | Weekly: 5 ¼ cups<br>Daily: ¾ cup     |                                       |            | Weekly: 7 cups<br>Daily: 1 cup      |
| Dark green <sup>e</sup>   | ½ cup                                |                                       |            | ½ cup                               |
| Red/Orange <sup>e</sup>   | ¾ cup                                |                                       |            | 1 ¼ cup                             |
| Beans and peas <sup>e</sup><br>(legumes)  | ½ cup                                |                                       |            | ½ cup                               |
| Starchy   | ½ cup                                |                                       |            | ½ cup                               |
| Other <sup>e</sup>  | ½ cup                                |                                       |            | ¾ cup                               |
| Additional Vegetables to<br>Reach Total <sup>f</sup>                            | 2 ½ cup                              |                                       |            | 3 ½ cups                            |
| Grains (oz eq) <sup>b,g</sup>   | Weekly: ≥11 oz eq<br>Daily: 1 oz eq  |                                       |            | Weekly: ≥14 oz eq<br>Daily: 2 oz eq |
| Meats/Meat Alternates<br>(oz eq) <sup>b</sup>                                   | Weekly: ≥11 oz eq<br>Daily: 1 oz eq  | Weekly: ≥12.5 oz eq<br>Daily: 1 oz eq |            | Weekly: ≥14oz eq<br>Daily: 2 oz eq  |
| Fluid milk (cups) <sup>h</sup>  | 1 cup daily for all age-grade groups |                                       |            |                                     |
| <b>Other Specifications: Daily Amount Based on the Average for a 7-Day Week</b> |                                      |                                       |            |                                     |
| Min-max calories (kcal) <sup>i,j</sup>  | 550-650                              | 600-700                               | 600-650    | 750-850                             |
| Saturated fat<br>(% of total calories) <sup>j</sup>                             | <10                                  |                                       |            |                                     |
| Sodium Target 2 (mg) <sup>k</sup>   | ≤935                                 | ≤1,035                                | <935       | ≤1,080                              |
| Trans fat <sup>l</sup>  | 0 grams/serving                      |                                       |            |                                     |

- a. Minimum creditable serving for fruits and vegetables is 1/8 cup.
- b. Minimum creditable serving for grains and meat/meat alternates is 0.25 ounce equivalents (oz eq).
- c. Dried fruit credit double their volume (e.g. ¼ cup of dried fruit credits 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 juice.
- d. Leafy green vegetables credit half their volume (e.g. 1.0 cup of leafy greens credits as 1/2 cup of vegetables).
- 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. Half of weekly grains must be whole grain-rich.
- h. Unflavored or flavored fluid milk must be low-fat (1%) or fat-free (skim).
- i. 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).
- j. 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.
- k. Sodium Target 2 (shown) is effective through the end of SY 2021-2022.
- l. Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.