

Lunch Meal Pattern 2021-22

7-Day Week

| | Grades K-5 | Grades 6-8 | Grades K-8 | Grades 9-12 |
|---|--------------------------------------|---------------------------------------|------------|-------------------------------------|
| Fruits (cups)^{a,c} | Weekly: 3 ½ cups Daily: ½ cup | | | Weekly: 7 cups Daily: 1 cup |
| Vegetables (cups)^{a,c,d} | Weekly: 5 ¼ cups Daily: ¾ cup | | | Weekly: 7 cups Daily: 1 cup |
| Dark green ^e | ½ cup | | | ½ cup |
| Red/Orange ^e | ¾ cup | | | 1 ¼ cup |
| Beans and peas ^e (legumes) | ½ cup | | | ½ cup |
| Starchy | ½ cup | | | ½ cup |
| Other ^e | ½ cup | | | ¾ cup |
| Additional Vegetables to Reach Total^f | 2 ½ cup | | | 3 ½ cups |
| Grains (oz eq)^{b,g} | Weekly: ≥11 oz eq Daily: 1 oz eq | | | Weekly: ≥14 oz eq Daily: 2 oz eq |
| Meats/Meat Alternates (oz eq)^b | 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)^h | 1 cup daily for all age-grade groups | | | |
| Other Specifications: Daily Amount Based on the Average for a 7-Day Week | | | | |
| Min-max calories (kcal)^{i,j} | 550-650 | 600-700 | 600-650 | 750-850 |
| Saturated fat (% of total calories)^j | <10 | | | |
| Sodium Target 2 (mg)^k | ≤935 | ≤1,035 | <935 | ≤1,080 |
| Trans fat^l | 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. All weekly grains must be whole grain-rich.
- h. All fluid milk must be low-fat (1 percent fat or less, unflavored) or fat-free (unflavored or flavored).
- 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.