

**Preschool National School Breakfast and Lunch Program  
Healthy Hunger Free Kids Act Meal Pattern Options**

<b>Breakfast Meal Pattern 2016-2017</b>			
	<b>Grades K-5</b>	<b>Grades K-8</b>	<b>Grades K-12</b>
<b>Fruits or Vegetables</b> <small>a,b,c</small>	1 cup daily required for all age-grade groups		
<b>Grains</b> <small>d,e</small>	<b>≥7 oz eq week 1 oz eq daily</b>	<b>≥8 oz eq week 1 oz eq daily</b>	<b>≥9 oz eq week 1 oz eq daily</b>
	Recommend Target Maximum for Grains: 10 oz eq per week for all age-grade groups.		
<b>Meats/Meat Alternatives</b> <small>e</small>	<b>0 oz eq required daily</b> Note: There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz eq of meat/meat alternate for 1 oz eq of grains after the minimum daily 1 oz eq grain requirement is met. A school may also offer meat/meat alternate as an extra food and not credit towards any component.		
<b>Fluid milk</b> <small>f</small>	<b>1 cup daily required for all age-grade-groups</b>		
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>			
<b>Min-max calories (kcal)</b> <small>g</small>	<b>350-500</b>	<b>400-500</b>	<b>450-500</b>
<b>Saturated fat (% of total calories)</b>	<b>&lt;10 for all grade groups</b>		
<b>Trans fat</b>	<b>Nutrition label or manufacturer specifications must indicate zero grams of added trans fat per serving.</b>		
<b>Sodium</b> <small>h</small>	<b>≥540 mg for all grade groups</b>		

a Minimum creditable serving for fruits and vegetables is 1/8 cup.

b One quarter-cup of dried fruit counts 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.

c One cup of leafy greens counts as 1/2 cup of vegetables.

d All grains credited towards the meal pattern for the SBP and NSLP must be whole grain-rich as of July 1, 2014.

e Minimum creditable serving for grains and meat/meat alternates is 0.25 ounce equivalents (oz eq).

f Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

g 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).

h 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 § 220.8(f)(3) for breakfast.

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<b>Lunch Meal Pattern 2016-2017</b>		
	<b>Grades K-5</b>	<b>Grades K-8</b>
<b>Fruits</b> <sup>a,b</sup>	<b>Weekly: 2 ½ cups Daily: ½ cup</b>	
<b>Vegetables</b> <sup>a,c</sup>	<b>Weekly: 3 ¾ cups Daily: ¾ cup</b>	
<b>Dark Green</b> <sup>a,c</sup>	<b>½ cup</b>	
<b>Red/Orange</b> <sup>a</sup>	<b>¾ cup</b>	
<b>Beans/Peas</b> <sup>a</sup>	<b>½ cup</b>	
<b>Starchy</b> <sup>a</sup>	<b>½ cup</b>	
<b>Other</b> <sup>a,c,d</sup>	<b>½ cup</b>	
<b>Additional Veg to Reach Total</b> <sup>a,c,e</sup>	<b>1 cup</b>	
<b>Grains</b> <sup>f,g</sup>	<b>Weekly: ≥ 8 oz eq Daily: 1 oz eq</b>	
	Recommended Target Maximum for Grains: 9 oz eq per week for K-5 and K-8.	
<b>Meat/Meat Alternates</b> <sup>g</sup>	<b>Weekly: ≥ 8 oz eq</b>	<b>Weekly: ≥ 9 oz eq Daily: 1 oz eq</b>
	Recommended Target Maximum for M/MA: 10 oz eq per week for K-5 and K-8.	
<b>Fluid milk</b> <sup>h</sup>	<b>1 cup daily required for all age-grade groups</b>	
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>		
<b>Min-max calories (kcal)</b> <sup>i</sup>	<b>550-650</b>	<b>600-650</b>
<b>Saturated fat (% of total calories)</b>	<b>&lt; 10</b>	<b>&lt;10</b>
<b>Trans fat</b>	<b>Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.</b>	
<b>Sodium</b> <sup>j</sup>	<b>≤ 1230 mg</b>	<b>≤ 1230 mg</b>

<sup>a</sup> Minimum creditable serving for fruits and vegetables is ⅛ cup.

<sup>b</sup> 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.

<sup>c</sup> One cup of leafy greens counts as ½ cup of vegetables.

<sup>d</sup> 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).

<sup>e</sup> Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

<sup>f</sup> All grains credited towards the meal pattern for the SBP and NSLP must be whole grain-rich as of July 1, 2014.

<sup>g</sup> Minimum creditable serving for grains and meat/meat alternates is 0.25 ounce equivalents (oz eq).

<sup>h</sup> Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

<sup>i</sup> 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).

<sup>j</sup> 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.