

# Healthy Hunger Free Kids Act LUNCH MEAL PATTERN



|   | Grades K-5                             | Grades 6-8                             | Grades 9-12                             |
|---|--|--|---|
| Minimum amount of food per day or week                    |  |  |   |
| <b>FRUITS</b>   | ½ cup per day                          | ½ cup per day                          | 1 cup per day                           |
| <b>VEGETABLES</b>   | ¾ cup per day<br>(3¾ cups/week)        | ¾ cup per day<br>(3¾ cups/week)        | 1 cup per day<br>(5 cups/week)          |
| * <b>Dark Green</b>                                       | ½ cup per week                         | ½ cup per week                         | ½ cup per week                          |
| * <b>Red/Orange</b>                                       | ¾ cup per week                         | ¾ cup per week                         | 1¼ cup per week                         |
| * <b>Beans/Peas</b><br>(Legumes)                          | ½ cup per week                         | ½ cup per week                         | ½ cup per week                          |
| * <b>Starchy</b><br>(green peas, corn,<br>white potatoes) | ½ cup per week                         | ½ cup per week                         | ½ cup per week                          |
| * <b>Other</b>  | ½ cup per week                         | ½ cup per week                         | ¾ cup per week                          |
| <b>Additional veg<br/>to reach total</b>                  | 1 cup per week                         | 1 cup per week                         | 1½ cup per week                         |
| <b>GRAINS</b><br>(≥50% must be whole<br>grain-rich)       | 1 per day;<br>8-9 per week             | 1 per day;<br>8-10 per week            | 2 per day;<br>10-12 per week            |
| <b>MEATS/MEAT<br/>ALTERNATES</b>                          | 1 oz eqiv per day;<br>8-10 oz per week | 1 oz eqiv per day;<br>9-10 oz per week | 2 oz eqiv per day;<br>10-12 oz per week |

**NOTE:**

1. One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.
2. Larger amounts of vegetables may be served.
3. 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.
4. Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
5. At least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).
6. Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).
7. 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).
8. 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.
9. Foods of minimal nutritional value and fluid milk with fat content greater than 1% milk fat are not allowed.

**Other Specifications - LUNCH:  
Daily Amount Based on the Average for a 5-Day Week**

|  | <b>Grades K-5</b>   | <b>Grades 6-8</b> | <b>Grades 9-12</b> |
|--|---|-------------------|--------------------|
|  | <b>Minimum amount of food per day or week</b>   |                   |                    |
| <b>Minimum-maximum calories</b>            | 550-650   | 600-700           | 750-850            |
| <b>Saturated fat (% of total calories)</b> | <10   | <10               | <10                |
| <b>Sodium (mg)</b>                         | ≤ 640   | ≤ 710             | ≤ 740              |
| <b>Trans fat</b>                           | Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving. |                   |                    |

**Notes:**

1. 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).
2. 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.
3. Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022.
4. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfast.