

Meal Pattern	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 <sup>a</sup>	Grades 6-8 <sup>a</sup>	Grades 9-12 <sup>a</sup>	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food <sup>b</sup> Per Week (Minimum Per Day)					
Fruits (cups) <sup>c,d</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	5 (1) <sup>e</sup>	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) <sup>c,d</sup>	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green <sup>f</sup>	0	0	0	½	½	½
Red/Orange <sup>f</sup>	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) <sup>f</sup>	0	0	0	½	½	½
Starchy <sup>f</sup>	0	0	0	½	½	½
Other <sup>f,g</sup>	0	0	0	½	½	¾
Additional Veg to Reach Total <sup>h</sup>	0	0	0	1	1	1½
Grains (oz eq) <sup>i</sup>	7-10 (1) <sup>j</sup>	8-10 (1) <sup>j</sup>	9-10 (1) <sup>j</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 <sup>k</sup>	0 <sup>k</sup>	0 <sup>k</sup>	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) <sup>l</sup>	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>						
Min-max calories (kcal) <sup>m,n,o</sup>	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) <sup>n,o</sup>	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) <sup>n,p</sup>	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat <sup>n,o</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

<sup>a</sup>In the SBP, the above age-grade groups are required beginning July 1, 2013 (SY 2013-14). In SY 2012-2013 only, schools may continue to use the meal pattern for grades K-12 (see § 220.23).

<sup>b</sup>Food items included in each food group and subgroup and amount equivalents. Minimum creditable serving is ½ cup.

<sup>c</sup>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.

<sup>d</sup>For breakfast, vegetables may be substituted for fruits, but the first two cups per week of any such substitution must be from the dark green, red/orange, beans and peas (legumes) or “Other vegetables” subgroups as defined in §210.10(c)(2)(iii).

<sup>e</sup>The fruit quantity requirement for the SBP (5 cups/week and a minimum of 1 cup/day) is effective July 1, 2014 (SY 2014-2015).

<sup>f</sup>Larger amounts of these vegetables may be served.

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

<sup>i</sup>At least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013), and in the SBP beginning July 1, 2013 (SY 2013-2014). All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).

<sup>j</sup>In the SBP, the grain ranges must be offered beginning July 1, 2013 (SY 2013-2014).

<sup>k</sup>There is no separate meat/meat alternate component in the SBP. Beginning July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

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

<sup>m</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>n</sup>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. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

<sup>o</sup>In the SBP, calories and trans fat specifications take effect beginning July 1, 2013 (SY 2013-2014).

<sup>p</sup>Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022. 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

Sub groups for vegetable regulations required, see next page....

**This institution is an equal opportunity provider.**

## VEGETABLE SUBGROUPS <sup>1</sup>

The U.S. Department of Agriculture (USDA) National School Lunch Program (NSLP) meal pattern includes **five vegetable subgroups that count toward the daily and weekly vegetable requirements**. These subgroups are based on the recommendations of the 2010 *Dietary Guidelines for Americans*.<sup>2</sup> The chart below identifies some commonly eaten vegetables in each subgroup.

<b>DARK GREEN</b> fresh, frozen and canned	<b>RED/ORANGE</b> fresh, frozen and canned	<b>BEANS AND PEAS (LEGUMES)*</b> Canned, frozen or cooked from dry				
<ul style="list-style-type: none"> <li>■ arugula</li> <li>■ beet greens</li> <li>■ bok choy</li> <li>■ broccoli</li> <li>■ broccoli rabe (rapini)</li> <li>■ broccolini</li> <li>■ butterhead lettuce (Boston, bibb)</li> <li>■ chicory</li> <li>■ cilantro</li> <li>■ collard greens</li> <li>■ endive</li> <li>■ escarole</li> <li>■ fiddle heads</li> <li>■ grape leaves</li> <li>■ kale</li> <li>■ mesclun</li> <li>■ mustard greens</li> <li>■ parsley</li> <li>■ spinach</li> <li>■ Swiss chard</li> <li>■ red leaf lettuce</li> <li>■ romaine lettuce</li> <li>■ turnip greens</li> <li>■ watercress</li> </ul>	<ul style="list-style-type: none"> <li>■ acorn squash</li> <li>■ butternut squash</li> <li>■ carrots</li> <li>■ cherry peppers</li> <li>■ Hubbard squash</li> <li>■ orange peppers</li> <li>■ pimientos</li> <li>■ pumpkin</li> <li>■ red chili peppers</li> <li>■ red peppers</li> <li>■ salsa (all vegetables)</li> <li>■ sweet potatoes/yams</li> <li>■ tomatoes</li> <li>■ tomato juice</li> <li>■ winter squash</li> </ul>	<ul style="list-style-type: none"> <li>■ black beans</li> <li>■ black-eyed peas (mature, dry)</li> <li>■ cowpeas</li> <li>■ edamame</li> <li>■ fava beans</li> <li>■ garbanzo beans (chickpeas)</li> <li>■ Great Northern beans</li> <li>■ kidney beans</li> <li>■ lentils</li> <li>■ lima beans, (mature, dry)</li> <li>■ mung beans</li> <li>■ navy beans</li> <li>■ pink beans</li> <li>■ pinto beans</li> <li>■ red beans</li> <li>■ refried beans</li> <li>■ soy beans (mature, dry)</li> <li>■ split peas</li> <li>■ white beans</li> </ul> <p style="font-size: small; margin-top: 10px;">* Does not include green peas, green lima beans and green (string) beans</p>				
<b>STARCHY</b> fresh, frozen and canned	<b>OTHER</b> fresh, frozen and canned					
<ul style="list-style-type: none"> <li>■ black-eyed peas, fresh (not dry)</li> <li>■ corn</li> <li>■ cassava</li> <li>■ cowpeas, fresh (not dry)</li> <li>■ field peas, fresh (not dry)</li> <li>■ green bananas</li> <li>■ green peas</li> <li>■ jicama</li> <li>■ lima beans, green (not dry)</li> <li>■ parsnips</li> <li>■ pigeon peas, fresh (not dry)</li> <li>■ plantains</li> <li>■ potatoes</li> <li>■ poi</li> <li>■ taro</li> <li>■ water chestnuts</li> <li>■ yautia (tannier)</li> </ul>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <ul style="list-style-type: none"> <li>■ artichokes</li> <li>■ asparagus</li> <li>■ avocado</li> <li>■ bamboo shoots</li> <li>■ bean sprouts, cooked only (for food safety), e.g., alfalfa, mung</li> <li>■ beans, green and yellow</li> <li>■ beets</li> <li>■ breadfruit</li> <li>■ Brussels sprouts</li> <li>■ cabbage (green, red, celery, Napa)</li> <li>■ cactus (nopales)</li> <li>■ cauliflower</li> <li>■ celeriac</li> <li>■ celery</li> <li>■ chayote (mirliton)</li> <li>■ chives</li> </ul> </td> <td style="width: 50%; border: none;"> <ul style="list-style-type: none"> <li>■ cucumbers</li> <li>■ daikon (oriental radish)</li> <li>■ eggplant</li> <li>■ fennel</li> <li>■ garlic</li> <li>■ green chili peppers</li> <li>■ green onions (scallions)</li> <li>■ green peppers</li> <li>■ horseradish</li> <li>■ iceberg lettuce</li> <li>■ kohlrabi</li> <li>■ leeks</li> <li>■ mushrooms</li> <li>■ okra</li> <li>■ olives</li> <li>■ onions (white, yellow, red)</li> <li>■ peas in pod, e.g., snap peas, snow peas</li> <li>■ pepperoncini</li> </ul> </td> </tr> </table> <table style="width: 100%; border: none; margin-top: 10px;"> <tr> <td style="width: 50%; border: none;"> <ul style="list-style-type: none"> <li>■ purple peppers</li> <li>■ pickles (cucumber)</li> <li>■ radishes</li> <li>■ rhubarb</li> <li>■ rutabagas</li> <li>■ shallots</li> <li>■ sauerkraut</li> <li>■ seaweed</li> <li>■ snap peas</li> <li>■ snow peas</li> <li>■ spaghetti squash</li> <li>■ tomatillo</li> <li>■ turnips</li> <li>■ wax beans</li> <li>■ yellow peppers</li> <li>■ yellow summer squash</li> <li>■ zucchini squash</li> </ul> </td> <td style="width: 50%; border: none;"></td> </tr> </table>		<ul style="list-style-type: none"> <li>■ artichokes</li> <li>■ asparagus</li> <li>■ avocado</li> <li>■ bamboo shoots</li> <li>■ bean sprouts, cooked only (for food safety), e.g., alfalfa, mung</li> <li>■ beans, green and yellow</li> <li>■ beets</li> <li>■ breadfruit</li> <li>■ Brussels sprouts</li> <li>■ cabbage (green, red, celery, Napa)</li> <li>■ cactus (nopales)</li> <li>■ cauliflower</li> <li>■ celeriac</li> <li>■ celery</li> <li>■ chayote (mirliton)</li> <li>■ chives</li> </ul>	<ul style="list-style-type: none"> <li>■ cucumbers</li> <li>■ daikon (oriental radish)</li> <li>■ eggplant</li> <li>■ fennel</li> <li>■ garlic</li> <li>■ green chili peppers</li> <li>■ green onions (scallions)</li> <li>■ green peppers</li> <li>■ horseradish</li> <li>■ iceberg lettuce</li> <li>■ kohlrabi</li> <li>■ leeks</li> <li>■ mushrooms</li> <li>■ okra</li> <li>■ olives</li> <li>■ onions (white, yellow, red)</li> <li>■ peas in pod, e.g., snap peas, snow peas</li> <li>■ pepperoncini</li> </ul>	<ul style="list-style-type: none"> <li>■ purple peppers</li> <li>■ pickles (cucumber)</li> <li>■ radishes</li> <li>■ rhubarb</li> <li>■ rutabagas</li> <li>■ shallots</li> <li>■ sauerkraut</li> <li>■ seaweed</li> <li>■ snap peas</li> <li>■ snow peas</li> <li>■ spaghetti squash</li> <li>■ tomatillo</li> <li>■ turnips</li> <li>■ wax beans</li> <li>■ yellow peppers</li> <li>■ yellow summer squash</li> <li>■ zucchini squash</li> </ul>	
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<sup>1</sup> All vegetables credit based on volume except raw leafy greens count as half the volume served and tomato paste and puree credit based on the volume as if reconstituted (see the USDA's *Food Buying Guide for School Meal Programs*). Vegetable juice must be pasteurized 100 percent full-strength juice and cannot exceed than half of the weekly vegetables.

<sup>2</sup> For more information, see the *Dietary Guidelines*, and the vegetables group in Choose MyPlate.

These are the sub groups required to meet the USDA meal requirements