

Lunch Meal Pattern Requirements

Effective for the 2022-2023 and 2023-2024 School Years

Food Component	Grade Group			
	K-5	K-8	6-8	9-12
Fruits (cup)	½ (d) 2 ½ (w)	½ (d) 2 ½ (w)	½ (d) 2 ½ (w)	1 (d) 5 (w)
No more than half of the fruit servings may be in the form of juice each week				
Vegetables (cup)	¾ (d) 3 ¾ (w)	¾ (d) 3 ¾ (w)	¾ (d) 3 ¾ (w)	1 (d) 5 (w)
No more than half of the vegetable servings may be in the form of juice each week				
Dark Green	½ (w)	½ (w)	½ (w)	½ (w)
Red/Orange	¾ (w)	¾ (w)	¾ (w)	1 ¼ (w)
Beans/Legumes	½ (w)	½ (w)	½ (w)	½ (w)
Starchy	½ (w)	½ (w)	½ (w)	½ (w)
Other	½ (w)	½ (w)	½ (w)	¾ (w)
Additional	1 (w)	1 (w)	1 (w)	1 ½ (w)
Grains (oz eq)	1 (d) 8 (w)	1 (d) 8 (w)	1 (d) 8 (w)	2 (d) 10 (w)
80% of grains on each serving line must be whole grain-rich (WGR*) and the remaining grains must be enriched each week				
Meat/ Meat Alternates (oz)	1 (d) 8 (w)	1 (d) 9 (w)	1 (d) 9 (w)	2 (d) 10 (w)
Milk (cup)	1 (d) 5 (w)	1 (d) 5 (w)	1 (d) 5 (w)	1 (d) 5 (w)
Offer at least 2 varieties of milk. Varieties may include Low-fat (1%) or Fat free flavored or unflavored. At least one variety must be unflavored.				
Nutrient	Grade Group			
	K-5	K-8	6-8	9-12
Calories	550-650	600-650	600-700	750-850
Saturated Fat (% of calories)	<10%	<10%	<10%	<10%
Trans Fat (g)	Nutrition label or manufacturer specifications must indicate 0 grams of trans fat per serving.			
Sodium (mg)*	≤1,230	≤1,230	≤1,360	≤1,420
Target 1 (SY22-23)	≤1,110	≤1,110	≤1,225	≤1,280
Target 1A (SY23-24)				

*WGR foods contain at least 50% whole grains and the remaining grains in the food are enriched or are 100% whole grain.

Lunch Reminders
















- Lunch consists of 5 required food components: fruits, vegetables, grains, meat/meat alternates, and milk.
- Vegetable subgroups, whole grain rich %, and nutrient requirements are assessed across a week.
- If operating “serve” (not offer versus serve) students must receive all components in at least their minimum required portion sizes by grade level for a reimbursable meal.

For Offer Versus Serve:

- You must offer all 5 required food components in at least the minimum required amounts. Students must take at least 3 different food components in at least the minimum required amounts including at least ½ cup fruit and/or vegetable for a reimbursable meal.

Lunch Meal Pattern Requirements

Effective School Year 2022-2023 and 2023-2024

Grade Group	Daily Minimums	Weekly Minimums												
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