

## ATTACHMENT E – USDA MEAL PATTERNS

Meal pattern for school breakfasts for grades K through 12. A school must offer the food components and quantities required in the breakfast meal pattern established in the following table:

	Breakfast meal pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food <sup>a</sup> per Week		
	(minimum per day)		
Fruits (cups) <sup>bc</sup>	5 (1)	5 (1)	5 (1)
Vegetables (cups) <sup>bc</sup>	0	0	0
Dark green	0	0	0
Red/Orange	0	0	0
Beans and peas (legumes)	0	0	0
Starchy	0	0	0
Other	0	0	0
Grains (oz eq) <sup>d</sup>	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq) <sup>e</sup>	0	0	0
Fluid milk (cups) <sup>f</sup>	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) <sup>gh</sup>	350-500	400-550	450-600
Saturated fat (% of total calories) <sup>h</sup>	<10	<10	<10
Sodium Target 2 (mg) <sup>hi</sup>	≤485	≤535	≤570
Trans fat <sup>hj</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.		

*Meal pattern for school lunches.* Schools must offer the food components and quantities required in the lunch meal pattern established in the following table:

	<b>Lunch meal pattern</b>		
	<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
Food Components	Amount of Food <sup>a</sup> per Week		
	(minimum per day)		
Fruits (cups) <sup>b</sup>	2½ ( ½ )	2½ ( ½ )	5 (1) ½
Vegetables (cups) <sup>b</sup>	3¾ ( ¾ )	3¾ ( ¾ )	5 (1)
Dark green <sup>c</sup>	½	½	½
Red/Orange <sup>c</sup>	¾	¾	1¼
Beans and peas (legumes) <sup>c</sup>	½	½	½
Starchy <sup>c</sup>	½	½	½
Other <sup>cd</sup>	½	½	¾
Additional Vegetables to Reach Total <sup>e</sup>	1	1	1½
Grains (oz eq) <sup>f</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) <sup>g</sup>	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-max calories (kcal) <sup>h</sup>	550-650	600-700	750-850
Saturated fat (% of total calories) <sup>h</sup>	<10	<10	<10
Sodium Target 2 (mg) <sup>hi</sup>	≤935	≤1,035	≤1,080
<i>Trans</i> fat <sup>hj</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.		

*Meal pattern for school snacks for grades K through 12. A school must offer two of the four food components and quantities required in the National School Lunch Program Meal Pattern for Afterschool Snacks Service established in the following table:*

Meal Components <sup>1</sup>		Pre-K	K-12
Milk	Fluid milk	4 fl oz (1/2 cup)	8 fl oz (1 cup)
Vegetables or Fruit <sup>2, 9</sup>	Juice <sup>2, 9</sup> , fruit, and/or vegetable	1/2 cup	3/4 cup
Grains/Breads <sup>3, 4</sup> (Select one)	Bread	1/2 slice	1 slice
	Cornbread/biscuit/roll/muffin	1/2 serving	1 serving
	Cold dry cereal <sup>4</sup>	1/3 cup or 1/2 oz	3/4 cup or 1 oz
	Cooked cereal grains	1/4 cup	1/2 cup
	Pasta/noodles	1/4 cup	1/2 cup
Meats/Meat Alternates <sup>5, 6, 7</sup> (Select one)	Meat/poultry/fish <sup>5</sup>	1/2 oz	1 oz
	Alternate protein products <sup>6</sup>	1/2 oz	1 oz
	Cheese	1/2 oz	1 oz
	Egg (large)	1/2 large egg	1/2 large egg
	Cooked dry beans/peas	1/8 cup	1/4 cup
	Peanut/other nut/seed butters	1 Tbsp	2 Tbsp
	Nuts and/or seeds <sup>7</sup>	1/2 oz <sup>7</sup>	1 oz
	Yogurt <sup>8</sup>	2 oz (1/4 cup)	4 oz (1/2 cup)

*1 Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.*

*2 Full-strength vegetable or fruit juice may count towards the entire vegetables or fruit component.*

*3 Grains/Breads must be whole grain or enriched, or made from whole grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole grain, enriched, or fortified.*

*4 Either volume (cup) or weight (oz), whichever is less.*

*5 A serving consists of the edible portion of cooked lean meat or poultry or fish.*

*6 Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.*

*7 Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced. 8 Yogurt may be plain or flavored, unsweetened or sweetened – commercially prepared. 9 Juice may not be served at snack when milk is served as the only other component.*