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Downloadable handouts of the information contained in the appendices are available on the CSDE's Meal Patterns Web pages and Crediting Foods Web page, which are accessible from the CSDE's [Program Guidance](#) Web page.



### Implementation Timeline

New Requirements	Implementation (School Year) for NSLP (L) and SBP (B)						
	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18	2022-23
<b>Fruits Component</b>							
• Offer fruit daily	L						
• Fruit quantity increase to 5 cups per week (minimum of 1 cup per day)			B				
<b>Vegetables Component</b>							
• Offer vegetables subgroups weekly	L						
<b>Grains Component</b>							
• Half of grains must be whole grain-rich	L	B					
• All grains must be whole grain-rich			L, B				
• Offer weekly grains range	L	B					
<b>Meat/Meat Alternates Component</b>							
• Offer weekly meat/meat alternates ranges (daily minimum)	L						
<b>Milk Component</b>							
• Offer only fat-free (unflavored or flavored) and low-fat (unflavored) milk	L, B						
<b>Dietary Specifications (to be met on average over a week)</b>							
• Calorie ranges	L	B					
• Saturated fat limit (no change)	L, B						
• Sodium Target 1			L, B				
• Sodium Target 2						L, B	
• Sodium Final target							L, B
• Zero grams of trans fat per portion	L	B					
<b>Menu Planning</b>							
• A single food-based menu planning approach	L	B					
<b>Age/Grade Group</b>							
• Establish age/grade groups: K-5, 6-8, 9-12	L	B					
<b>Offer versus Serve</b>							
• Reimbursable meals must contain a fruit or vegetable (½ cup minimum)	L		B				

### Sodium Reduction Timeline

Effective July 1, 2012, the USDA meal patterns for the NSLP and SBP require that schools begin to gradually reduce sodium levels so that school meals meet the specific target levels for sodium indicated below. Sodium levels are listed in milligrams (mg).

Sodium Reduction Timeline and Amount					
Age/Grade Group	Baseline (mg)	Target 1 (mg)	Target 2 (mg)	Final Target (mg) **	Percent Change (Baseline Versus Final Targets)
	Current Average Sodium Levels As Offered *	Meet by July 1, 2014 (SY 2014–15)	Meet by July 1, 2017 (SY 2017–18)	Meet by July 1, 2022 (SY 2022–23)	
<b>School Breakfast Program</b>					
<b>K-5</b>	573 (elementary)	≤ 540	≤ 485	≤ 430	-25%
<b>6-8</b>	629 (middle)	≤ 600	≤ 535	≤ 470	-25%
<b>9-12</b>	686 (high)	≤ 640	≤ 570	≤ 500	-27%
<b>National School Lunch Program</b>					
<b>K-5</b>	1,377 (elementary)	≤ 1,230	≤ 935	≤ 640	-54%
<b>6-8</b>	1,520 (middle)	≤ 1,360	≤ 1,035	≤ 710	-53%
<b>9-12</b>	1,588 (high)	≤ 1,420	≤ 1,080	≤ 740	-53%
<p>* Current average sodium levels as offered are from the School Nutrition and Dietary Assessment Study III. Data were collected in the 2004-05 school year.</p> <p>** The Institute of Medicine (IOM) final targets are based on the Tolerable Upper Intake Limits (ULs) for sodium, established in the Dietary Reference Intakes (DRI) (IOM, 2004). The sodium ULs for school-aged children are 2,300 milligrams for ages 14-18, 2,200 milligrams for ages 9-13 and 1,900 milligrams for ages 4-8.</p>					



## Menu Planning for Shorter and Longer Weeks

The meal patterns for the NSLP and SBP are based on a five-day week. When a school week regularly operates on a shorter or longer cycle, menu planners must increase or decrease the weekly requirements by 20 percent for each day that deviates from the standard five-day week. For the vegetables component, adjustments are made only to the “additional vegetables” category. Due to the smaller size of the weekly vegetable subgroup requirements, the 20 percent adjustment is not practical for the five vegetable subgroups.

The daily requirements and dietary specifications are unaffected by a longer or shorter week. Since the dietary specifications are daily averages, either fewer or more days are averaged together to meet the specified targets for calories, saturated fat, and sodium.

Schools with occasional decreases in the school week due to holidays, snow days or other reasons are not required to adjust the weekly requirements. However, menus must be consistent with the intent of the meal patterns. For example, menu planners must ensure that they do not consistently fail to offer certain vegetable subgroups.

The charts below summarize these requirements. All amounts are rounded to the nearest  $\frac{1}{2}$  ounce equivalent (oz eq) and  $\frac{1}{4}$  cup.

### WEEKLY REQUIREMENTS AT LUNCH

Components	Three-day School Week for Lunch		
	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups)	1.5	1.5	3
Vegetables (cups)	2.25	2.25	3
Dark Green	0.5	0.5	0.5
Red/Orange	0.5	0.5	1
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.25	0.25	0.5
Additional Vegetables to Reach Total	0	0	0
Grains (oz eq)	5-5.5	5-6	6-7
Meats/Meat Alternates (oz eq)	5-6	5.5-6	6-7
Fluid Milk (cups)	3	3	3

## WEEKLY REQUIREMENTS AT LUNCH, continued

Components	Four-day School Week for Lunch		
	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups)	2	2	4
Vegetables (cups)	3	3	4
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Vegetables to Reach Total	0.25	0.25	0.5
Grains (oz eq)	6.5-7	6.5-8	8-9.5
Meats/Meat Alternates (oz eq)	6.5-8	7-8	8-9.5
Fluid Milk (cups)	4	4	4

Components	Six-day School Week for Lunch		
	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups)	3	3	6
Vegetables (cups)	4.5	4.5	6
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Vegetables to Reach Total	1.75	1.75	2.5
Grains (oz eq)	9.5-11	9.5-12	12-14.5
Meats/Meat Alternates (oz eq)	9.5-12	11-12	12-14.5
Fluid Milk (cups)	6	6	6

Components	Seven-day School Week for Lunch		
	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups)	3.5	3.5	7
Vegetables (cups)	5.25	5.25	7
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Vegetables to Reach Total	2.5	2.5	3.5
Grains (oz eq)	11-12.5	11-14	14-17
Meats/Meat Alternates (oz eq)	11-14	12.5-14	14-17
Fluid Milk (cups)	7	7	7

## WEEKLY REQUIREMENTS AT BREAKFAST

Components	Three-day School Week for Breakfast		
	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups) *	3	3	3
Grains (oz eq)	4-6	5-6	5.5-6
Fluid Milk (cups)	3	3	3

Components	Four-day School Week for Breakfast		
	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups) *	4	4	4
Grains (oz eq)	5.5-8	6.5-8	7-8
Fluid Milk (cups)	4	4	4

Components	Six-day School Week for Breakfast		
	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups) *	6	6	6
Grains (oz eq)	8.5-12	9.5-12	11-12
Fluid Milk (cups)	6	6	6

Components	Seven-day School Week for Breakfast		
	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups) *	7	7	7
Grains (oz eq)	10-14	11-14	12.5-14
Fluid Milk (cups)	7	7	7

\* The weekly amounts for fruits were effective July 1, 2014, when the “juice/fruit/vegetable” component became the fruits component and the daily portion size for fruit increased from ½ cup to “1 cup. For school year 2013-14, the weekly amount for the “juice/fruit/vegetable” component was 3 ½ cups for seven-day weeks.

## Crediting Juice

Juice served in the U.S. Department of Agriculture’s (USDA) school nutrition programs must be pasteurized full-strength 100 percent juice. At lunch, fruit juice cannot exceed half of weekly fruit offerings and vegetable juice cannot exceed half of weekly vegetable offerings. At breakfast, fruit juice together with vegetable juice cannot exceed half of the weekly fruit offerings.



Juice does not provide the same nutritional benefits as whole fruits and vegetables. Whole fruits and vegetables should be served most often, as recommended by the *Dietary Guidelines for Americans*. If juice is served, school nutrition programs must comply with the weekly juice limits for each meal and grade group.

### WEEKLY JUICE LIMITS AT LUNCH

At lunch, fruit juice cannot exceed half of the total amount of fruits offered during the week and vegetable juice cannot exceed half of the total amount of vegetables offered during the week. The charts below show the maximum weekly contribution of juice at lunch based on the meal pattern requirements for fruits and vegetables.



Crediting Fruit Juice at Lunch						
Grade Group	FIVE-DAY WEEK			SEVEN-DAY WEEK		
	Required Weekly Servings	Maximum Weekly Juice Contribution	Maximum Weekly ½-cup Servings	Required Weekly Servings	Maximum Weekly Juice Contribution	Maximum Weekly ½-cup Servings
K-5	2 ½ cups	1 ¼ cups	2	3 ½ cups	1 ¾ cups	3
6-8	2 ½ cups	1 ¼ cups	2	3 ½ cups	1 ¾ cups	3
9-12	5 cups	2 ½ cups	5	7 cups	3 ½ cups	7

Crediting Vegetable Juice at Lunch						
Grade Group	FIVE-DAY WEEK			SEVEN-DAY WEEK		
	Required Weekly Servings	Maximum Weekly Juice Contribution	Maximum Weekly ½-cup Servings	Required Weekly Servings	Maximum Weekly Juice Contribution	Maximum Weekly ½-cup Servings
K-5	3 ¾ cups	1 7/8 cups	3	5 ¼ cups	2 5/8 cups	5
6-8	3 ¾ cups	1 7/8 cups	3	5 ¼ cups	2 5/8 cups	5
9-12	5 cups	2 ½ cups	5	7 cups	3 ½ cups	7

For grades 9-12, schools can serve  $\frac{1}{2}$  cup of fruit juice and  $\frac{1}{2}$  cup of vegetable juice each day, for both five-day and seven-day weeks. If juice is offered daily, menu planners must be careful not to exceed the weekly calorie limit of the USDA's dietary specifications (nutrition standards) for school meals. Juice contains more calories than whole fruits and vegetables. For example,  $\frac{1}{2}$  cup of grape juice contains 76 calories while  $\frac{1}{2}$  cup of fresh grapes contains 34 calories. This also applies to canned fruit with juice, e.g., 1 cup of fresh sliced peaches contains 60 calories while 1 cup of canned sliced peaches in juice contains 109 calories



For grades K-5 and 6-8, schools can serve  $\frac{1}{2}$  cup of fruit juice twice per week and  $\frac{1}{2}$  cup of vegetable juice three times per week for five-day weeks. For seven-day weeks, schools can serve  $\frac{1}{2}$  cup of fruit juice three times per week and  $\frac{1}{2}$  cup of vegetable juice five times per week. Alternatively, menu planners could choose to serve larger quantities of juice on one or two days if the weekly total does not exceed half of the total fruit or vegetable offerings. For example, a five-day lunch menu for grades 6-8 could offer 1 cup of fruit juice once a week instead of offering  $\frac{1}{2}$  cup of fruit juice twice a week.

No more than half of the weekly offerings of fruits or vegetables may be in the form of full-strength juice. The weekly juice limit is calculated based on the amount of fruits or vegetables that children are allowed to select. Cafeteria menus and signage must clearly indicate the specific amount of juice that students can select with each meal, for example, "choose one fruit and one juice."

### Crediting Fruit and Vegetable Juice Blends

Juice blends credit if they are a combination of full-strength fruit juices or full-strength fruit and vegetable juices. At lunch, 100 percent fruit and vegetable juice blends credit based on the first ingredient.

- If the first ingredient in a full-strength 100 percent juice blend is a fruit juice, the juice blend contributes to the fruits requirement.
- If the first ingredient is a vegetable juice, the juice blend contributes to the "other" or "additional" vegetable requirements, depending on the needs of the menu planner.

The ingredients statement below shows an example of a vegetable and fruit juice blend that credits toward the vegetables component. For more information on the vegetable subgroups, see the CSDE's handout, [Vegetable Subgroups](#).

**INGREDIENTS: Reconstituted vegetable juice blend** (water and concentrated juices of **SWEET POTATOES, purple carrots, carrots**), reconstituted fruit juices (water and concentrated juices of apples, white grapes, cranberries, blackberries), contains less than 2% of: natural flavoring, citric acid, lemon juice concentrate, vitamin C (ascorbic acid), malic acid, vitamin E (alpha tocopherol acetate).



**Calculating Weekly Juice Offerings at Lunch**

An “offering” of fruits or vegetables is the amount students can select at a given meal, regardless of the number of options or variety of fruits or vegetables available. Menu planners must calculate the weekly juice offerings by dividing the total amount of fruit juice available at all lunches during the week by the total offering of fruits, and dividing the total amount of vegetable juice available at all lunches during the week by the total offering of vegetables. Menu planners must count all sources of 100 percent juice served during the week including:

- juice that is fresh, frozen, or made from concentrate;
- frozen juice pops made from 100 percent juice;
- pureed fruits and vegetables in fruit/vegetable smoothies; and
- juice from canned fruit served in 100 percent juice, unless the canned fruit is drained. Canned fruit in light syrup or water does not count toward the weekly juice limit.



The chart below shows a sample calculation for determining whether a five-day lunch menu meets the weekly fruit juice limit. This menu offers a daily variety of ½-cup fruit servings, including drained canned fruit, fresh fruit, and 100 percent fruit juice. Students can select two ½-cup servings of fruit daily (1 cup total) but no more than ½ cup of juice. Since the menu offers 1 cup of fruit daily, the weekly fruit offering is 5 cups. Since the menu offers ½ cup of fruit juice daily, the weekly juice offering is 2 ½ cups. This menu meets the weekly juice limit because the weekly juice offerings are half (50 percent) of the weekly fruits offered to students.

Table 3-5. Calculating Compliance with Weekly Fruit Juice Limit for a Five-day Lunch Menu		
<p><b>DAILY FRUIT CHOICES</b> ½ cup each</p> <p>Choose <b>TWO</b> Fruits</p> <p>OR</p> <p>Choose <b>ONE</b> Fruit and <b>ONE</b> Juice</p> <ul style="list-style-type: none"> <li>• Drained canned fruit *</li> <li>• Fresh fruit</li> <li>• 100 percent fruit juice</li> </ul>	<b>STEP 1 – CALCULATE TOTAL WEEKLY FRUIT OFFERINGS</b>	
	<p>Multiply the total daily amount of fruit that students are allowed to select by the number of days in the week.</p> <ul style="list-style-type: none"> <li>• Students can select two ½-cup serving (1 cup) daily: 1 cup multiplied by 5 days equals 5 cups.</li> </ul>	<p><b>Weekly Fruit:</b> 5 cups</p>
	<b>STEP 2 – CALCULATE TOTAL WEEKLY JUICE OFFERINGS</b>	
	<p>Multiply the total daily amount of juice that students are allowed to select by the number of days in the week.</p> <ul style="list-style-type: none"> <li>• Students can select one ½-cup serving daily: ½ cup multiplied by 5 days equals 2 ½ cups.</li> </ul>	<p><b>Weekly Juice:</b> 2 ½ cups</p>
	<b>STEP 3 – CALCULATE WEEKLY PERCENTAGE OF JUICE OFFERINGS</b>	
	<p>Divide the total weekly juice offerings from step 2 by the total weekly fruit offerings from step 1 and multiply by 100.</p> <ul style="list-style-type: none"> <li>• 2 ½ cups divided by 5 cups equals 0.5 multiplied by 100 equals 50 percent.</li> </ul> <p><b>Are juice offerings 50 percent or less? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No</b></p>	<p><b>Percent Juice:</b> 50 percent</p>
<p>* In this example, the canned fruit in 100 percent juice is drained. If canned fruit in 100 percent juice is not drained, the juice counts toward the weekly juice limit.</p>		

## WEEKLY JUICE LIMITS AT BREAKFAST

At breakfast, fruit juice together with vegetable juice and vegetable/fruit juice blends cannot exceed half of the total fruits offered over the week. The chart below shows the maximum weekly contribution of juice at breakfast based on the meal pattern requirement for fruits.

Crediting Fruit Juice at Breakfast *						
Grade Group	FIVE-DAY WEEK			SEVEN-DAY WEEK		
	Required Weekly Servings	Maximum Weekly Juice Contribution	Maximum Weekly $\frac{1}{2}$ -cup Servings	Required Weekly Servings	Maximum Weekly Juice Contribution	Maximum Weekly $\frac{1}{2}$ -cup Servings
<b>K-5</b>	5 cups	2 $\frac{1}{2}$ cups	5	7 cups	3 $\frac{1}{2}$ cups	7
<b>6-8</b>	5 cups	2 $\frac{1}{2}$ cups	5	7 cups	3 $\frac{1}{2}$ cups	7
<b>9-12</b>	5 cups	2 $\frac{1}{2}$ cups	5	7 cups	3 $\frac{1}{2}$ cups	7

\* The breakfast meal pattern does not include a vegetables component. Vegetables (including juice) may be substituted for fruits, but the first two cups per week must be from the dark green, red/orange, beans and peas (legumes), or “other” vegetable subgroups.

### Calculating Weekly Fruit and Juice Offerings at Breakfast

Menu planners calculate the weekly juice offerings by dividing the total amount of fruit and vegetable juice available at all breakfasts during the week by the total weekly offering of fruits. Schools can serve  $\frac{1}{2}$  cup of juice daily at breakfast because the meal pattern requires 1 cup of fruits daily for all grade groups. When calculating the total amount of juice available at breakfast, menu planners must include all sources of 100 percent juice served over the week, e.g., fresh and frozen juice, juice in canned fruit, and pureed fruits/vegetables in smoothies.

Whole Grain-rich Ounce Equivalents (Oz Eq) for School Nutrition Programs <sup>1, 2</sup>	
Group A	Oz Eq for Group A
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks, hard</li> <li>• Chow mein noodles</li> <li>• Croutons</li> <li>• Pretzels, hard</li> <li>• Savory crackers, e.g., saltines and snack crackers</li> <li>• Stuffing, dry <i>Note: weights apply to bread in stuffing</i></li> </ul>	<p>1 oz eq = 22 grams or 0.8 ounce                      ¾ oz eq = 17 grams or 0.6 ounce                      ½ oz eq = 11 grams or 0.4 ounce                      ¼ oz eq = 6 grams or 0.2 ounce</p>
Group B	Oz Eq for Group B
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads, e.g., sliced whole wheat, French, Italian</li> <li>• Buns, hamburger and hot dog</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread, whole wheat or whole grain-rich</li> <li>• Pizza crust</li> <li>• Pretzels, soft</li> <li>• Rolls, whole wheat or whole grain-rich</li> <li>• Sweet crackers, e.g., graham crackers and animal crackers, plain, all shapes <sup>4</sup></li> <li>• Tortillas, whole wheat or whole corn</li> <li>• Tortilla chips, whole wheat or whole corn</li> <li>• Taco shells, whole wheat or whole corn</li> </ul>	<p>1 oz eq = 28 grams or 1 ounce                      ¾ oz eq = 21 grams or 0.75 ounce                      ½ oz eq = 14 grams or 0.5 ounce                      ¼ oz eq = 7 grams or 0.25 ounce</p>
Group C	Oz Eq for Group C
<ul style="list-style-type: none"> <li>• Cookies, plain, including vanilla wafers <sup>3</sup></li> <li>• Cornbread</li> <li>• Corn muffins</li> <li>• Crackers including filled crackers, e.g., peanut butter or cheese</li> <li>• Croissants</li> <li>• Pancakes</li> <li>• Pie crust (dessert pies <sup>3</sup>, cobblers <sup>3</sup>, fruit turnovers <sup>4</sup> and meat or meat alternate pies)</li> <li>• Sweet crackers, frosted, e.g., frosted animal crackers and chocolate-covered graham crackers <sup>3</sup></li> <li>• Waffles</li> </ul>	<p>1 oz eq = 34 grams or 1.2 ounces                      ¾ oz eq = 26 grams or 0.9 ounce                      ½ oz eq = 17 grams or 0.6 ounce                      ¼ oz eq = 9 grams or 0.3 ounce</p>
Group D	Oz Eq for Group D
<ul style="list-style-type: none"> <li>• Doughnuts, cake and yeast raised, unfrosted <sup>4</sup></li> <li>• Cereal bars, breakfast bars, granola bars, plain <sup>4</sup></li> <li>• Muffins, all except corn</li> <li>• Sweet rolls, unfrosted <sup>4</sup></li> <li>• Toaster pastries, unfrosted <sup>4</sup></li> </ul>	<p>1 oz eq = 55 grams or 2 ounces                      ¾ oz eq = 42 grams or 1.5 ounces                      ½ oz eq = 28 grams or 1.0 ounce                      ¼ oz eq = 14 grams or 0.5 ounce</p>

<sup>1</sup> To be considered whole grain-rich, the specified quantities of foods in Groups A-G must contain at least 16 grams of whole grain or 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour.

<sup>2</sup> Some of these grains are high in sugar, salt and/or fat. This should be a consideration when deciding how often to serve them.

<sup>3</sup> Allowed only for dessert at lunch in the NSLP (no more than 2 ounce equivalents per week).

<sup>4</sup> Allowed only for dessert at lunch in the NSLP (no more than 2 ounce equivalents per week) and breakfasts in the SBP.

Whole Grain-rich Ounce Equivalents (Oz Eq) <sup>1, 2</sup> , continued	
Group E	Oz Eq for Group E
<ul style="list-style-type: none"> <li>• Cereal bars, breakfast bars, granola bars, with nuts, dried fruit or chocolate pieces <sup>4</sup></li> <li>• Cookies, with fillings or coverings, nuts, raisins, chocolate pieces or fruit purees <sup>3</sup></li> <li>• Chocolate covered grahams <sup>3</sup></li> <li>• Doughnuts, cake and yeast raised, frosted or glazed <sup>4</sup></li> <li>• French toast</li> <li>• Sweet rolls, frosted <sup>4</sup></li> <li>• Toaster pastries, frosted <sup>4</sup></li> </ul>	<p>1 oz eq = 69 grams or 2.4 ounces  <math>\frac{3}{4}</math> oz eq = 52 grams or 1.8 ounces  <math>\frac{1}{2}</math> oz eq = 35 grams or 1.2 ounces  <math>\frac{1}{4}</math> oz eq = 18 grams or 0.6 ounce</p>
Group F	Oz Eq for Group F
<ul style="list-style-type: none"> <li>• Cake, plain, unfrosted <sup>3</sup></li> <li>• Coffee cake <sup>4</sup></li> </ul>	<p>1 oz eq = 82 grams or 2.9 ounces  <math>\frac{3}{4}</math> oz eq = 62 grams or 2.2 ounces  <math>\frac{1}{2}</math> oz eq = 41 grams or 1.5 ounces  <math>\frac{1}{4}</math> oz eq = 21 grams or 0.7 ounce</p>
Group G	Oz Eq for Group G
<ul style="list-style-type: none"> <li>• Brownies, plain <sup>3</sup></li> <li>• Cake, all varieties, frosted <sup>3</sup></li> </ul>	<p>1 oz eq = 125 grams or 4.4 ounces  <math>\frac{3}{4}</math> oz eq = 94 grams or 3.3 ounces  <math>\frac{1}{2}</math> oz eq = 63 grams or 2.2 ounces  <math>\frac{1}{4}</math> oz eq = 32 grams or 1.1 ounces</p>
Group H	Oz Eq for Group H
<ul style="list-style-type: none"> <li>• Barley</li> <li>• Breakfast cereals, cooked <sup>5, 6</sup></li> <li>• Bulgur or cracked wheat</li> <li>• Cereal grains <sup>7</sup></li> <li>• Macaroni, all shapes</li> <li>• Noodles, all varieties</li> <li>• Pasta, all shapes</li> <li>• Ravioli, noodle only</li> <li>• Rice, brown or enriched white</li> </ul>	<p>1 oz eq = <math>\frac{1}{2}</math> cup cooked or  1 ounce (28 grams) dry</p>
Group I	Oz Eq for Group I
<ul style="list-style-type: none"> <li>• Ready-to-eat breakfast cereals (cold dry) <sup>5, 6</sup></li> </ul>	<p>1 oz eq = 1 cup or 1 ounce for flakes and rounds  1 oz eq = 1.25 cups or 1 ounce for puffed cereal  1 oz eq = <math>\frac{1}{4}</math> cup or 1 ounce for granola</p>

<sup>1</sup> To be considered whole grain-rich, the specified quantities of foods in Groups A-G must contain at least 16 grams of whole grain or 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour.

<sup>2</sup> Some of these grains are high in sugar, salt and fat. This should be a consideration when deciding how often to serve them.

<sup>3</sup> Allowed only for dessert at lunch in the NSLP (no more than 2 ounce equivalents per week).

<sup>4</sup> Allowed only for dessert at lunch in the NSLP (no more than 2 ounce equivalents per week) and breakfasts in the SBP.

<sup>5</sup> Snacks served to children ages 1-5 in the Afterschool Snack Program (ASP) must follow the serving sizes in the ASP Meal Pattern. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

<sup>6</sup> Cereals must be whole-grain, or whole grain and enriched or fortified cereal.

<sup>7</sup> Examples of cereal grains include amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat.

## Noncreditable Foods in School Nutrition Programs

Noncreditable foods are foods and beverages that cannot credit toward the USDA meal patterns for the National School Lunch Program (NSLP) and School Breakfast Program (SBP). Schools and institutions may serve noncreditable foods in addition to the meal components to add variety, help improve acceptability in the meal and satisfy appetites. Some examples include maple syrup on pancakes, salad dressing on tossed greens, and condiments such as ketchup or mustard on sandwiches and other entrees.

The Connecticut State Department of Education (CSDE) encourages schools to limit noncreditable foods in school menus. These foods often contain little nutritional value and are high in fat, sugars, and sodium. Menu planners should read labels, be aware of the ingredients in foods, and limit the frequency and amount of less nutritious choices.

All noncreditable foods offered as part of reimbursable meals must count toward the weekly dietary specifications (nutrition standards) for school meals. They must contain zero trans fat and their inclusion cannot cause the menu to exceed the average weekly limits for calories, saturated fat, and sodium. For more information, see the CSDE's [Meal Patterns](#) Web page.

The chart below lists some examples of noncreditable foods. This list does not include all possible noncreditable foods. For more information, see the CSDE's [Menu Planning Guide for School Meals](#) and [Crediting Foods](#) Web page.

Examples of Noncreditable Foods *			
Bacon and bacon bits	Dried meat or poultry snacks, e.g., jerky or nuggets	Iced tea **	Salad dressings
Banana chips		Jam, jelly	Sherbet
Bran, e.g., oat bran	Eggnog **	Jerky, e.g., meat, poultry or fish	Smoked snack sticks made with beef and chicken
Bread products that are not whole grain-rich	Egg whites	Lemonade **	Soda, regular and diet **
Butter	Frozen yogurt	Limeade **	
Candy **	Fruit drink, fruit beverage, powdered fruit drink mix **	Maple syrup	Soups, canned, e.g., beef barley, beef noodle, turkey or chicken noodle, and turkey or chicken rice
Candy-coated popcorn	Fruit punch (if not 100 percent juice) **	Margarine	
Caramel popcorn		Marshmallows	
Chocolate drinks, e.g., Yoo-Hoo **	Fruit snacks, e.g., fruit roll-ups, wrinkles, twists	Mayonnaise	
Coffee (regular, decaffeinated, iced) **	Fruit leathers (100% fruit)	Mustard	
Condiments, e.g., ketchup, mustard, relish, barbecue sauce	Gelatin, flavored or sugar free	Nectar drinks **	Sour cream
Cranberry cocktail drink **	Germ, e.g., wheat germ	Pepperoni sticks	Sports drinks
Cream, half and half	Honey	Popcorn	Spreadable fruit
Cream cheese	Hot chocolate **	Popcorn cakes	Summer sausage
Cream soups, canned, e.g., cream of mushroom, cream of celery, cream of broccoli	Ice cream	Popsicles (not 100% juice)	Syrup
	Ice milk	Potato chips	Tea, regular, herbal, iced **
	Iced coffee **	Pudding	White rice
		Pudding pops	
* Snack foods sold a la carte must meet the USDA <a href="#">Smart Snacks</a> nutrition standards or the <a href="#">Connecticut Nutrition Standards</a> , depending on whether the district participates in <a href="#">Healthy Food Certification</a> under Section 10-215f of the Connecticut General Statutes.			
** These competitive foods and beverages cannot be sold in the USDA school nutrition programs due to federal or state requirements. For more information, see the CSDE's <a href="#">Competitive Foods</a> Web page.			

## Child Nutrition (CN) Labeling Program

The U.S. Department of Agriculture (USDA) CN Labeling Program is a voluntary federal labeling program for Child Nutrition Programs. It provides food manufacturers the option to include a standardized food crediting statement on their product labels. The USDA approves labels prior to use and manufacturers must have quality control procedures and inspection oversight that meet USDA requirements. All manufacturers participating in the CN Labeling Program must have a quality control program approved by the Agricultural Marketing Service (AMS) or National Marine Fisheries Service (NMFS).

The USDA does not require that manufacturers make CN labeled products or that schools and institutions participating in Child Nutrition Programs purchase foods with CN labels. Purchasing decisions are at the discretion of the local school food authority (SFA). If the SFA requires a CN labeled product, this must be clearly stated in the SFA's purchasing specifications.

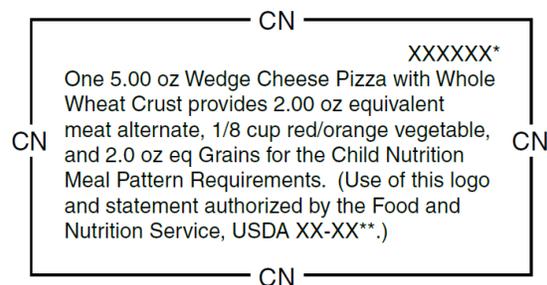
### CONTENTS OF CN LABELS

A CN label statement clearly identifies the contribution of a commercial product toward the meal pattern requirements, based on the USDA's evaluation of the product's formulation. Manufacturers state this contribution on their labels. CN labeling provides Child Nutrition Programs with a warranty that the product contributes to the meal pattern requirements as printed on the label.

CN labels are available only for main dish entrees that contribute to the meat/meat alternates component of the meal patterns. Examples include beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, and breaded fish portions. The CN label will also indicate the contribution of other meal components that are part of these products. For example, CN labeled pizza may list contributions to the meat/meat alternates, grains, and vegetables components. CN labeled breaded chicken nuggets may list contributions to the meat/meat alternates and grains components.

The CN label will be found on the actual product packaging and will always contain the following:

- the CN logo, which is a distinct border;
- the meal pattern contribution statement;
- a six-digit product identification number;
- the USDA authorization; and
- the month and year of approval.



This sample CN label for cheese pizza with whole-grain crust indicates that the product provides 2 ounce equivalents of meat/meat alternates, 1/8 cup of vegetables (red/orange subgroup), and 2 ounce equivalents of whole grain-rich (WGR) grains.

The USDA does not allow manufacturers to place the CN label on a fact sheet or any other product information. To document a product's compliance with the meal pattern requirements, SFAs must have an original CN label from the product package. For more information, see the CSDE's handout, [Accepting Processed Product Documentation](#).

## PRODUCTS WITH NONCREDITABLE GRAINS

If a combination food contains grains that do not comply with the WGR criteria, the grain portion of the product is a noncreditable "extra" food. If the product meets the meal pattern requirements for the meat/meat alternates and vegetables components, it is still eligible for a CN label that credits toward these components. For example, breaded chicken patties or nuggets made with only enriched flour.

## RESOURCES

*Accepting Processed Product Documentation:*

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/acceptdoc.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/acceptdoc.pdf)

Authorized Manufacturers and Labels:

[www.fns.usda.gov/cnlabeling/authorized-manufacturers-and-labels](http://www.fns.usda.gov/cnlabeling/authorized-manufacturers-and-labels)

CN Labeling:

[www.fns.usda.gov/cnd/cnlabeling/default.htm](http://www.fns.usda.gov/cnd/cnlabeling/default.htm)

*Criteria for Whole Grain-rich Foods:*

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/wgrcriteria.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/wgrcriteria.pdf)

Crediting Foods (CSDE Web Page):

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796)

*Food Buying Guide for School Meal Programs:*

[www.fns.usda.gov/tn/food-buying-guide-school-meal-programs](http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs)

*Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements*

(CSDE Operational Memorandum 10-15):

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/15/om\\_10-15.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/15/om_10-15.pdf)

*Menu Planning Guide for School Meals:*

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320)

## Product Formulation Statements

School food authorities (SFAs) must be able to document that commercially prepared foods such as pizza and chicken nuggets meet the USDA meal pattern requirements for school nutrition programs, and provide the actual amount of the component being credited. For example, to credit a commercially prepared burrito as 2 ounce equivalents of meat/meat alternates, the SFA must obtain manufacturer documentation that indicates the specific amount of meat, beans, and cheese in one serving.

Menu planners cannot determine the amount of meat/meat alternates in a food by reading the product's Nutrition Facts label or ingredients. When purchasing a commercial product without a Child Nutrition (CN) label, SFAs must obtain a product formulation statement (PFS) that demonstrates how the product contributes to the meal pattern requirements.

Manufacturers develop a PFS to provide specific information about a product. The PFS generally includes a detailed explanation of what the product contains and the amount of each ingredient in the product by weight. However, these statements are not regulated, and their information varies from manufacturer to manufacturer. A PFS that provides crediting information for Child Nutrition Programs must:

- indicate how the product credits toward the USDA meal pattern requirements;
- document how the manufacturer obtained the crediting information by citing specific Child Nutrition Program resources or regulations such as the USDA's [Food Buying Guide for School Meal Programs](#) and USDA policy on crediting foods; and
- be prepared on manufacturer's letterhead with an original signature of a company official and the date of issue.

Unlike a CN label, a PFS does not provide any warranty against audit claims for reimbursable meals. The USDA does not monitor PFS for compliance with the product's actual formulation or stated contribution to the meal pattern requirements.

Comparison of CN Label and PFS		
Criteria	CN Labels *	PFSs
Standard information required	Yes	No
Reviewed and monitored by the USDA	Yes	No
Includes USDA guarantee of meal component contribution for Child Nutrition Programs	Yes	No
Distinct six-digit product identification number	Yes	No
* For more information on CN labels, see the CSDE's handout, <a href="#">Child Nutrition (CN) Labeling Program</a> .		

The SFA is ultimately responsible when a menu does not meet the meal pattern requirements. SFAs should check the accuracy of the manufacturer's crediting information on the PFS. All creditable ingredients in the PFS must match a description in the *Food Buying Guide*. SFAs should request supporting documentation from manufacturers, verify its accuracy, and maintain this documentation on file.

## REVIEWING PFS

An appropriate PFS will provide specific information about the product and show how the meal pattern credit is obtained citing Child Nutrition Program resources or regulations. SFAs must review this information for accuracy using the guidance below.

1. **Review the PFS prior to purchasing processed products.** The USDA has several resources to help SFAs with this process, including a reviewer's checklist and a sample PFS for the meat/meat alternates, grains, fruits, and vegetables components. These documents are available on the USDA's [Food Manufacturers/Industry](#) Web page and the direct links below.

- *Reviewer's Checklist for Evaluating Manufacturer Product Formulation Statements (Product Analysis) for Meat/Meat Alternate (M/MA) Products:*  
[www.fns.usda.gov/sites/default/files/reviewer\\_checklist.pdf](http://www.fns.usda.gov/sites/default/files/reviewer_checklist.pdf)
- *Product Formulation Statement for Meat/Meat Alternate Products:*  
[www.fns.usda.gov/sites/default/files/PFSmma.pdf](http://www.fns.usda.gov/sites/default/files/PFSmma.pdf)
- *Product Formulation Statement for Documenting Vegetables and Fruits:*  
[www.fns.usda.gov/sites/default/files/PFSfv.pdf](http://www.fns.usda.gov/sites/default/files/PFSfv.pdf)
- *Sample Completed Product Formulation Statement for Vegetables:*  
[www.fns.usda.gov/sites/default/files/PFSsamplevegetables.pdf](http://www.fns.usda.gov/sites/default/files/PFSsamplevegetables.pdf)
- *Sample Completed Product Formulation Statement for Fruits:*  
[www.fns.usda.gov/sites/default/files/PFSsamplefruits.pdf](http://www.fns.usda.gov/sites/default/files/PFSsamplefruits.pdf)
- *Product Formulation Statement for Grains:*  
[www.fns.usda.gov/sites/default/files/PFSgrains13-14.pdf](http://www.fns.usda.gov/sites/default/files/PFSgrains13-14.pdf)
- *Sample Completed Product Formulation Statement for Grains:*  
[www.fns.usda.gov/sites/default/files/PFSsamplegrains.pdf](http://www.fns.usda.gov/sites/default/files/PFSsamplegrains.pdf)
- *Questions and Answers on Alternate Protein Products (APP):*  
[www.fns.usda.gov/sites/default/files/APPindustryfaqs.pdf](http://www.fns.usda.gov/sites/default/files/APPindustryfaqs.pdf)

SFAs can use these resources to determine how a product credits toward the meat/meat alternates, grains, fruits, and vegetables components. Manufacturers may need to modify the USDA PFS forms for various types of commercial products. For example, cheese pizza could have crediting information for the red/orange vegetable subgroup in addition to the meat/meat alternates and grains components.

Manufacturers may use one PFS to document the crediting information for each meal component, but must clearly identify how each component contributes to the meal pattern requirements.

2. **Verify the accuracy of the PFS.** To verify the accuracy of a PFS, program operators should consider the information below.

- Determine that the creditable ingredients listed in the PFS match a description in the *Food Buying Guide for School Meal Programs*. If a PFS for a specific product claims to provide a higher meal component credit than the amount listed in the *Food Buying Guide*, the PFS must clarify all credited ingredients and demonstrate how the product provides that credit according to USDA regulations, guidance or policy.
- Verify that the product's credit toward the meal pattern requirements is not greater than the serving size of the product. For example, a 2.2-ounce beef patty cannot credit for more than 2 ounce equivalents of meat/meat alternates.
- Assure that the creditable components are visible in the finished product. To claim a meat or meat alternates contribution, the product must have a visible meat or meat alternate such as a sausage link, beans, cheese, or peanut butter, and the method for crediting these items must be specified in the PFS.



The USDA encourages program operators to review product literature carefully, since SFAs are responsible if the meals they serve do not meet the meal pattern requirements.

CN labeled products provide school nutrition programs with a warranty against audit claims when the product is used according to the manufacturer's instructions. A PFS does not provide any warranty against audit claims. Any crediting information received from a manufacturer other than a valid CN label should be checked by the SFA for accuracy prior to the item being included in the reimbursable meal.

For additional guidance on accepting product documentation, see the CSDE's handout, [Accepting Processed Product Documentation](#), and [CSDE Operational Memo 10-15](#), *Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements*.



**RESOURCES**

*Accepting Processed Product Documentation:*

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/acceptdoc.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/acceptdoc.pdf)

*Child Nutrition (CN) Labeling Program:*

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/cnlabel.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/cnlabel.pdf)

*Crediting Foods (CSDE Web Page):*

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333796)

*Food Buying Guide for School Meal Programs:*

[www.fns.usda.gov/tn/food-buying-guide-school-meal-programs](http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs)

*Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements*  
(CSDE Operational Memorandum 10-15):

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/15/om\\_10-15.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/15/om_10-15.pdf)

*Meal Patterns (CSDE Web Page):*

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333770](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333770)

*Menu Planning Guide for School Meals:*

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=334320)

*Product Formulation Statements:*

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/pfs.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/pfs.pdf)

*Tips for Evaluating a Manufacturer's Product Formulation Statement:*

[www.fns.usda.gov/sites/default/files/cn/manufacturerepfstipsheet.pdf](http://www.fns.usda.gov/sites/default/files/cn/manufacturerepfstipsheet.pdf)

## Five-day Lunch Meal Pattern for Preschool through Grade 5

This meal pattern is for schools with grade configurations where preschoolers (ages 3-4) and elementary students (grades K-5) eat together during the same lunch period.

Five-day Lunch Meal Pattern for Schools with Preschool and Grades K-5 <sup>1</sup>		
FOOD COMPONENTS	PRESCHOOL – GRADE 5	
	Daily	Weekly <sup>2</sup>
<b>Fluid Milk (cups) <sup>3</sup></b> <i>Low-fat (1%) unflavored or fat-free unflavored or flavored</i>	1	5
<b>Fruits (cups) <sup>4</sup></b> <i>Fruit juice cannot exceed half of the weekly fruits</i>	½	2 ½
<b>Vegetables (cups) <sup>5</sup></b> <i>Vegetable juice cannot exceed half of the weekly vegetables</i>	¾	3 ¾
Dark Green <sup>5, 6</sup>	0	½
Red/Orange <sup>5, 7</sup>	0	¾
Beans/Peas (Legumes) <sup>5, 8</sup>	0	½
Starchy <sup>5, 9</sup>	0	½
Other <sup>5, 10</sup>	0	½
Additional vegetables to reach total <sup>5, 11</sup>	0	1
<b>Grains (ounce equivalents) <sup>12</sup></b> <i>All grains must be whole grain-rich</i>	1	8-9
<b>Meats and Meat Alternates (ounce equivalents) <sup>13</sup></b>	1 ½	8-10
<b>DIETARY SPECIFICATIONS (NUTRITION STANDARDS):</b> <i>Daily amount based on the average for a five-day week</i>		
Calories <sup>14, 15</sup>	550-650	
Saturated Fat (percentage of total calories) <sup>15</sup>	< 10	
Sodium (milligrams) <sup>15, 16</sup>	≤ 1,230	
Trans Fat (grams) <sup>15</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving	
<b>◀ See next page for important menu planning notes ▶</b>		

## Five-day Lunch Meal Pattern for Schools with Preschool and Grades K-5, continued

- 1 The meal pattern shows the required amounts of each component that must be made available to each child to claim reimbursement for the meal. Meals may include larger amounts of any component if the weekly menu meets the dietary specifications for calories, saturated fat, trans fat, and sodium. Use the USDA's *Food Buying Guide for School Meal Programs* to determine the amount of purchased food that meets the requirements to determine the amount of purchased food that meets the requirements. For processed foods, review Child Nutrition (CN) labels (see appendix G) or product formulation statements (see appendix H).
- 2 A week equals five days. Schools that regularly operate for six or seven days must increase the weekly requirements by 20 percent. Schools that regularly operate for less than five days must decrease the weekly requirements by 20 percent for each day less than five days. For more information, see appendix C.
- 3 Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole, reduced-fat (2%), and flavored low-fat milk cannot be served.
- 4 Fruits include fresh, frozen, canned in light syrup, water or juice and dried. All fruits credit based on volume except dried fruit credits as twice the volume served, e.g., ¼ cup of dried fruit credits as ½ cup of fruit. Fruit juice must be pasteurized 100 percent full-strength juice and cannot exceed half of the weekly fruits (see appendix E). Serving whole fruits instead of juice is recommended.
- 5 All vegetables credit based on volume except raw leafy greens credit as half the volume served (e.g., 1 cup credits as ½ cup of vegetables) and tomato paste and puree credit based on the volume as if reconstituted (see the *Food Buying Guide*). Vegetable juice must be pasteurized 100 percent full-strength juice and cannot exceed half of the weekly vegetables. For information on the vegetable subgroups, see section 2.
- 6 The dark green subgroup includes vegetables such as bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, and watercress.
- 7 The red/orange subgroup includes vegetables such as acorn squash, butternut squash, carrots, pumpkin, tomatoes, tomato juice, and sweet potatoes.
- 8 The beans and peas (legumes) subgroup includes vegetables such as black beans, black-eyed peas (mature, dry), garbanzo beans (chickpeas), kidney beans, lentils, navy beans, soy beans, split peas and white beans. It does not include green peas, green lima beans and green (string) beans.
- 9 The starchy subgroup includes vegetables such as black-eyed peas (not dry), corn, cassava, green bananas, green peas, green lima beans, parsnips, plantains, taro, water chestnuts, and white potatoes.
- 10 "Other" vegetables include all other vegetables such as artichokes, asparagus, avocado, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, iceberg lettuce, mushrooms, okra, onions, turnips, wax beans and zucchini. The "other" vegetables requirement may be met with any additional amounts from the dark green, red/orange, and and beans/peas (legumes) subgroups but not the starchy subgroup.
- 11 Any vegetable subgroup may be offered as additional vegetables to meet the total weekly vegetable requirements.
- 12 All grains must be whole grain-rich, i.e., the product contains at least 50 percent whole grains, any remaining grains are enriched and any noncreditable grains are less than 2 percent (¼ ounce equivalent) of the product formula. For more information, see *Criteria for Whole Grain-rich Foods*. All grains must meet the serving sizes specified in *Whole Grain-rich Ounce Equivalents for School Nutrition Programs* (appendix E). Up to 2 ounce equivalents per week may be a grain-based dessert if weekly menus meet the dietary specifications for calories, saturated fat, trans fat, and sodium. Menus are not required to comply with the maximum for grains, but must meet the minimum and stay within the weekly calorie range. The weekly maximum provides a guide for planning age-appropriate meals that meet the calorie, saturated fat, and sodium requirements.
- 13 The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone. A 1-ounce equivalent serving equals 1 ounce of lean meat, poultry, or fish, 1 ounce of cheese (low-fat recommended), 2 ounces of cottage or ricotta cheese (low-fat recommended), ¼ cup of cooked beans and peas (legumes), ½ large egg, 2 tablespoons of nut butters, 1 ounce of nuts or seeds, ¼ cup (2.2 ounces) of commercial tofu (containing at least 5 grams of protein), ½ cup of yogurt or soy yogurt and 1 ounce of alternate protein products (APP). APP must meet the USDA requirements specified in appendix A to Part 210 of the *NSLP regulations*. Meat and meat alternates must be served in a main dish or a main dish and only one other food item. Allowable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts. Nuts and seeds cannot credit for more than 50 percent of the meat/meat alternates requirement. They must be combined with another meat/meat alternate to meet the minimum daily serving. Menus are not required to comply with the maximum for meat/meat alternates, but must meet the minimum and stay within the weekly calorie range. The weekly maximum provides a guide for planning age-appropriate meals that meet the calorie, saturated fat, and sodium requirements.
- 14 The average daily amount of calories for a five-day school week must be at least the minimum value but no more than the maximum value.
- 15 Discretionary sources of calories (solid fats and added sugars) may be added if meals meet the dietary specifications for calories, saturated fat, trans fat, and sodium.
- 16 This intermediate sodium limit (first target) applies through June 30, 2017. The second sodium target of ≤ 935 milligrams must be reached by July 1, 2017. The final sodium target of ≤ 640 milligrams must be reached by July 1, 2022.

## Five-day Lunch Meal Pattern for Grades K-8

This meal pattern is for schools with grade configurations that prevent students from being separated into the required grade groups (K-5 and 6-8) at lunch. Examples include schools with grades K-8 or grades 5-8 where students from different grade groups eat together during the same lunch period.

Five-day Lunch Meal Pattern for Schools with Grades K-8 <sup>1</sup>		
FOOD COMPONENTS	GRADES K-8	
	Daily	Weekly <sup>2</sup>
<b>Fluid Milk (cups) <sup>3</sup></b> <i>Low-fat (1%) unflavored or fat-free unflavored or flavored</i>	1	5
<b>Fruits (cups) <sup>4</sup></b> <i>Fruit juice cannot exceed half of the weekly fruits</i>	½	2 ½
<b>Vegetables (cups) <sup>5</sup></b> <i>Vegetable juice cannot exceed half of the weekly vegetables</i>	¾	3 ¾
Dark Green <sup>5,6</sup>	0	½
Red/Orange <sup>5,7</sup>	0	¾
Beans/Peas (Legumes) <sup>5,8</sup>	0	½
Starchy <sup>5,9</sup>	0	½
Other <sup>5,10</sup>	0	½
Additional vegetables to reach total <sup>5,11</sup>	0	1
<b>Grains (ounce equivalents) <sup>12</sup></b> <i>All grains must be whole grain-rich</i>	1	8-9
<b>Meats and Meat Alternates (ounce equivalents) <sup>13</sup></b>	1	8-10
<b>DIETARY SPECIFICATIONS (NUTRITION STANDARDS):</b> <i>Daily amount based on the average for a five-day week</i>		
Calories <sup>14,15</sup>	600-650	
Saturated Fat (percentage of total calories) <sup>15</sup>	< 10	
Sodium (milligrams) <sup>15,16</sup>	≤ 1,230	
Trans Fat (grams) <sup>15</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving	
<b>◀ See next page for important menu planning notes ▶</b>		

Five-day Lunch Meal Pattern for Schools with Grades K-8 <sup>1</sup>, continued

- 1 The meal pattern shows the required amounts of each component that must be made available to each child to claim reimbursement for the meal. Meals may include larger amounts of any component if the weekly menu meets the dietary specifications for calories, saturated fat, trans fat, and sodium. Use the USDA's *Food Buying Guide for School Meal Programs* to determine the amount of purchased food that meets the requirements to determine the amount of purchased food that meets the requirements. For processed foods, review Child Nutrition (CN) labels (see appendix G) or product formulation statements (see appendix H).
- 2 A week equals five days. Schools that regularly operate for six or seven days must increase the weekly requirements by 20 percent. Schools that regularly operate for less than five days must decrease the weekly requirements by 20 percent for each day less than five days. For more information, see appendix C.
- 3 Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole, reduced-fat (2%), and flavored low-fat milk cannot be served.
- 4 Fruits include fresh, frozen, canned in light syrup, water or juice and dried. All fruits credit based on volume except dried fruit credits as twice the volume served, e.g., ¼ cup of dried fruit credits as ½ cup of fruit. Fruit juice must be pasteurized 100 percent full-strength juice and cannot exceed half of the weekly fruits (see appendix E). Serving whole fruits instead of juice is recommended.
- 5 All vegetables credit based on volume except raw leafy greens credit as half the volume served (e.g., 1 cup credits as ½ cup of vegetables) and tomato paste and puree credit based on the volume as if reconstituted (see the *Food Buying Guide*). Vegetable juice must be pasteurized 100 percent full-strength juice and cannot exceed half of the weekly vegetables. For information on the vegetable subgroups, see section 2.
- 6 The dark green subgroup includes vegetables such as bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, and watercress.
- 7 The red/orange subgroup includes vegetables such as acorn squash, butternut squash, carrots, pumpkin, tomatoes, tomato juice, and sweet potatoes.
- 8 The beans and peas (legumes) subgroup includes vegetables such as black beans, black-eyed peas (mature, dry), garbanzo beans (chickpeas), kidney beans, lentils, navy beans, soy beans, split peas and white beans. It does not include green peas, green lima beans and green (string) beans.
- 9 The starchy subgroup includes vegetables such as black-eyed peas (not dry), corn, cassava, green bananas, green peas, green lima beans, parsnips, plantains, taro, water chestnuts, and white potatoes.
- 10 "Other" vegetables include all other vegetables such as artichokes, asparagus, avocado, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, iceberg lettuce, mushrooms, okra, onions, turnips, wax beans and zucchini. The "other" vegetables requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) subgroups but not the starchy subgroup.
- 11 Any vegetable subgroup may be offered as additional vegetables to meet the total weekly vegetable requirements.
- 12 All grains must be whole grain-rich, i.e., the product contains at least 50 percent whole grains, any remaining grains are enriched and any noncreditable grains are less than 2 percent (¼ ounce equivalent) of the product formula. For more information, see *Criteria for Whole Grain-rich Foods*. All grains must meet the serving sizes specified in *Whole Grain-rich Ounce Equivalents for School Nutrition Programs* (appendix E). Up to 2 ounce equivalents per week may be a grain-based dessert if weekly menus meet the dietary specifications for calories, saturated fat, trans fat, and sodium. Menus are not required to comply with the maximum for grains, but must meet the minimum and stay within the weekly calorie range. The weekly maximum provides a guide for planning age-appropriate meals that meet the calorie, saturated fat, and sodium requirements.
- 13 The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone. A 1-ounce equivalent serving equals 1 ounce of lean meat, poultry, or fish, 1 ounce of cheese (low-fat recommended), 2 ounces of cottage or ricotta cheese (low-fat recommended), ¼ cup of cooked beans and peas (legumes), ½ large egg, 2 tablespoons of nut butters, 1 ounce of nuts or seeds, ¼ cup (2.2 ounces) of commercial tofu (containing at least 5 grams of protein), ½ cup of yogurt or soy yogurt and 1 ounce of alternate protein products (APP). APP must meet the USDA requirements specified in appendix A to Part 210 of the *NSLP regulations*. Meat and meat alternates must be served in a main dish or a main dish and only one other food item. Allowable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts. Nuts and seeds cannot credit for more than 50 percent of the meat/meat alternates requirement. They must be combined with another meat/meat alternate to meet the minimum daily serving. Menus are not required to comply with the maximum for meat/meat alternates, but must meet the minimum and stay within the weekly calorie range. The weekly maximum provides a guide for planning age-appropriate meals that meet the calorie, saturated fat, and sodium requirements.
- 14 The average daily amount of calories for a five-day school week must be at least the minimum value but no more than the maximum value.
- 15 Discretionary sources of calories (solid fats and added sugars) may be added if meals meet the dietary specifications for calories, saturated fat, trans fat, and sodium.
- 16 This intermediate sodium limit (first target) applies through June 30, 2017. The second sodium target of ≤ 935 milligrams must be reached by July 1, 2017. The final sodium target of ≤ 640 milligrams must be reached by July 1, 2022. sodium target of ≤ 640 milligrams must be reached by July 1, 2022.

## Seven-day Lunch Meal Pattern for Preschool through Grade 5

This meal pattern is for schools with grade configurations where preschoolers (ages 3-4) and elementary students (grades K-5) eat together during the same lunch period.

Seven-day Lunch Meal Pattern for Schools with Preschool and Grades K-5 <sup>1</sup>		
FOOD COMPONENTS	PRESCHOOL – GRADE 5	
	Daily	Weekly <sup>2</sup>
<b>Fluid Milk (cups) <sup>3</sup></b> <i>Low-fat (1%) unflavored or fat-free unflavored or flavored</i>	1	7
<b>Fruits (cups) <sup>4</sup></b> <i>Fruit juice cannot exceed half of the weekly fruits</i>	½	3 ½
<b>Vegetables (cups) <sup>5</sup></b> <i>Vegetable juice cannot exceed half of the weekly vegetables</i>	¾	5 ¼
Dark Green <sup>5, 6</sup>	0	½
Red/Orange <sup>5, 7</sup>	0	¾
Beans/Peas (Legumes) <sup>5, 8</sup>	0	½
Starchy <sup>5, 9</sup>	0	½
Other <sup>5, 10</sup>	0	½
Additional vegetables to reach total <sup>5, 11</sup>	0	2 ½
<b>Grains (ounce equivalents) <sup>12</sup></b> <i>All grains must be whole grain-rich</i>	1	11-12.5
<b>Meats and Meat Alternates (ounce equivalents) <sup>13</sup></b>	1 ½	11-14
<b>DIETARY SPECIFICATIONS (NUTRITION STANDARDS):</b> <i>Daily amount based on the average for a seven-day week</i>		
Calories <sup>14, 15</sup>	550-650	
Saturated Fat (percentage of total calories) <sup>15</sup>	< 10	
Sodium (milligrams) <sup>15, 16</sup>	≤ 1,230	
Trans Fat (grams) <sup>15</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving	
◀ See next page for important menu planning notes ▶		

## Seven-day Lunch Meal Pattern for Schools with Preschool and Grades K-5, continued

- 1 The meal pattern shows the required amounts of each component that must be made available to each child to claim reimbursement for the meal. Meals may include larger amounts of any component if the weekly menu meets the dietary specifications for calories, saturated fat, trans fat, and sodium. Use the USDA's *Food Buying Guide for School Meal Programs* to determine the amount of purchased food that meets the requirements to determine the amount of purchased food that meets the requirements. For processed foods, review Child Nutrition (CN) labels (see appendix G) or product formulation statements (see appendix H).
- 2 A week equals seven days. This meal pattern is for programs that regularly operate on a seven-day week, e.g., residential child care institutions (RCCIs).
- 3 Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole, reduced-fat (2%), and flavored low-fat milk cannot be served.
- 4 Fruits include fresh, frozen, canned in light syrup, water or juice and dried. All fruits credit based on volume except dried fruit credits as twice the volume served, e.g., ¼ cup of dried fruit credits as ½ cup of fruit. Fruit juice must be pasteurized 100 percent full-strength juice and cannot exceed half of the weekly fruits (see appendix E). Serving whole fruits instead of juice is recommended.
- 5 All vegetables credit based on volume except raw leafy greens credit as half the volume served (e.g., 1 cup credits as ½ cup of vegetables) and tomato paste and puree credit based on the volume as if reconstituted (see the *Food Buying Guide*). Vegetable juice must be pasteurized 100 percent full-strength juice and cannot exceed half of the weekly vegetables. For information on the vegetable subgroups, see section 2.
- 6 The dark green subgroup includes vegetables such as bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, and watercress.
- 7 The red/orange subgroup includes vegetables such as acorn squash, butternut squash, carrots, pumpkin, tomatoes, tomato juice, and sweet potatoes.
- 8 The beans and peas (legumes) subgroup includes vegetables such as black beans, black-eyed peas (mature, dry), garbanzo beans (chickpeas), kidney beans, lentils, navy beans, soy beans, split peas and white beans. It does not include green peas, green lima beans and green (string) beans.
- 9 The starchy subgroup includes vegetables such as black-eyed peas (not dry), corn, cassava, green bananas, green peas, green lima beans, parsnips, plantains, taro, water chestnuts, and white potatoes.
- 10 "Other" vegetables include all other vegetables such as artichokes, asparagus, avocado, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, iceberg lettuce, mushrooms, okra, onions, turnips, wax beans and zucchini. The "other" vegetables requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) subgroups but not the starchy subgroup.
- 11 Any vegetable subgroup may be offered as additional vegetables to meet the total weekly vegetable requirements.
- 12 All grains must be whole grain-rich, i.e., the product contains at least 50 percent whole grains, any remaining grains are enriched and any noncreditable grains are less than 2 percent (¼ ounce equivalent) of the product formula. For more information, see *Criteria for Whole Grain-rich Foods*. All grains must meet the serving sizes specified in *Whole Grain-rich Ounce Equivalents for School Nutrition Programs* (appendix E). Up to 2 ounce equivalents per week may be a grain-based dessert if weekly menus meet the dietary specifications for calories, saturated fat, trans fat, and sodium. Menus are not required to comply with the maximum for grains, but must meet the minimum and stay within the weekly calorie range. The weekly maximum provides a guide for planning age-appropriate meals that meet the calorie, saturated fat, and sodium requirements.
- 13 The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone. A 1-ounce equivalent serving equals 1 ounce of lean meat, poultry, or fish, 1 ounce of cheese (low-fat recommended), 2 ounces of cottage or ricotta cheese (low-fat recommended), ¼ cup of cooked beans and peas (legumes), ½ large egg, 2 tablespoons of nut butters, 1 ounce of nuts or seeds, ¼ cup (2.2 ounces) of commercial tofu (containing at least 5 grams of protein), ½ cup of yogurt or soy yogurt and 1 ounce of alternate protein products (APP). APP must meet the USDA requirements specified in appendix A to Part 210 of the *NSLP regulations*. Meat and meat alternates must be served in a main dish or a main dish and only one other food item. Allowable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts. Nuts and seeds cannot credit for more than 50 percent of the meat/meat alternates requirement. They must be combined with another meat/meat alternate to meet the minimum daily serving. Menus are not required to comply with the maximum for meat/meat alternates, but must meet the minimum and stay within the weekly calorie range. The weekly maximum provides a guide for planning age-appropriate meals that meet the calorie, saturated fat, and sodium requirements.
- 14 The average daily amount of calories for a seven-day school week must be at least the minimum value but no more than the maximum value.
- 15 Discretionary sources of calories (solid fats and added sugars) may be added if meals meet the dietary specifications for calories, saturated fat, trans fat, and sodium.
- 16 This intermediate sodium limit (first target) applies through June 30, 2017. The final sodium target of ≤ 640 milligrams must be reached by July 1, 2022.. The final sodium target of ≤ 640 milligrams must be reached by July 1, 2022.sodium target of ≤ 640 milligrams must be reached by July 1, 2022.

### Seven-day Lunch Meal Pattern for Grades K-8

This meal pattern is for schools with grade configurations that prevent students from being separated into the required grade groups (K-5 and 6-8) at lunch. Examples include schools with grades K-8 or grades 5-8 where students from different grade groups eat together during the same lunch period.

Seven-day Lunch Meal Pattern for Schools with Grades K-8 <sup>1</sup>		
FOOD COMPONENTS	GRADES K-8	
	Daily	Weekly <sup>2</sup>
<b>Fluid Milk (cups) <sup>3</sup></b> <i>Low-fat (1%) unflavored or fat-free unflavored or flavored</i>	1	7
<b>Fruits (cups) <sup>4</sup></b> <i>Fruit juice cannot exceed half of the weekly fruits</i>	½	3 ½
<b>Vegetables (cups) <sup>5</sup></b> <i>Vegetable juice cannot exceed half of the weekly vegetables</i>	¾	5 ¼
Dark Green <sup>5,6</sup>	0	½
Red/Orange <sup>5,7</sup>	0	¾
Beans/Peas (Legumes) <sup>5,8</sup>	0	½
Starchy <sup>5,9</sup>	0	½
Other <sup>5,10</sup>	0	½
Additional vegetables to reach total <sup>5,11</sup>	0	2 ½
<b>Grains (ounce equivalents) <sup>12</sup></b> <i>All grains must be whole grain-rich</i>	1	11-12.5
<b>Meats and Meat Alternates (ounce equivalents) <sup>13</sup></b>	1	11-14
<b>DIETARY SPECIFICATIONS (NUTRITION STANDARDS):</b> <i>Daily amount based on the average for a seven-day week</i>		
Calories <sup>14,15</sup>	600-650	
Saturated Fat (percentage of total calories) <sup>15</sup>	< 10	
Sodium (milligrams) <sup>15,16</sup>	≤ 1,230	
Trans Fat (grams) <sup>15</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving	
<b>◀ See next page for important menu planning notes ▶</b>		

## Seven-day Lunch Meal Pattern for Schools with Grades K-8, continued

- 1 The meal pattern shows the required amounts of each component that must be made available to each child to claim reimbursement for the meal. Meals may include larger amounts of any component if the weekly menu meets the dietary specifications for calories, saturated fat, trans fat, and sodium. Use the USDA's *Food Buying Guide for School Meal Programs* to determine the amount of purchased food that meets the requirements to determine the amount of purchased food that meets the requirements. For processed foods, review Child Nutrition (CN) labels (see appendix G) or product formulation statements (see appendix H).
- 2 A week equals seven days. This meal pattern is for programs that regularly operate on a seven-day week, e.g., residential child care institutions (RCCIs).
- 3 Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole, reduced-fat (2%), and flavored low-fat milk cannot be served.
- 4 Fruits include fresh, frozen, canned in light syrup, water or juice and dried. All fruits credit based on volume except dried fruit credits as twice the volume served, e.g., ¼ cup of dried fruit credits as ½ cup of fruit. Fruit juice must be pasteurized 100 percent full-strength juice and cannot exceed half of the weekly fruits (see appendix E). Serving whole fruits instead of juice is recommended.
- 5 All vegetables credit based on volume except raw leafy greens credit as half the volume served (e.g., 1 cup credits as ½ cup of vegetables) and tomato paste and puree credit based on the volume as if reconstituted (see the *Food Buying Guide*). Vegetable juice must be pasteurized 100 percent full-strength juice and cannot exceed half of the weekly vegetables. For information on the vegetable subgroups, see section 2.
- 6 The dark green subgroup includes vegetables such as bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, and watercress.
- 7 The red/orange subgroup includes vegetables such as acorn squash, butternut squash, carrots, pumpkin, tomatoes, tomato juice, and sweet potatoes.
- 8 The beans and peas (legumes) subgroup includes vegetables such as black beans, black-eyed peas (mature, dry), garbanzo beans (chickpeas), kidney beans, lentils, navy beans, soy beans, split peas and white beans. It does not include green peas, green lima beans and green (string) beans.
- 9 The starchy subgroup includes vegetables such as black-eyed peas (not dry), corn, cassava, green bananas, green peas, green lima beans, parsnips, plantains, taro, water chestnuts, and white potatoes.
- 10 "Other" vegetables include all other vegetables such as artichokes, asparagus, avocado, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, iceberg lettuce, mushrooms, okra, onions, turnips, wax beans and zucchini. The "other" vegetables requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) subgroups but not the starchy subgroup.
- 11 Any vegetable subgroup may be offered as additional vegetables to meet the total weekly vegetable requirements.
- 12 All grains must be whole grain-rich, i.e., the product contains at least 50 percent whole grains, any remaining grains are enriched and any noncreditable grains are less than 2 percent (¼ ounce equivalent) of the product formula. For more information, see *Criteria for Whole Grain-rich Foods*. All grains must meet the serving sizes specified in *Whole Grain-rich Ounce Equivalents for School Nutrition Programs* (appendix E). Up to 2 ounce equivalents per week may be a grain-based dessert if weekly menus meet the dietary specifications for calories, saturated fat, trans fat, and sodium. Menus are not required to comply with the maximum for grains, but must meet the minimum and stay within the weekly calorie range. The weekly maximum provides a guide for planning age-appropriate meals that meet the calorie, saturated fat, and sodium requirements.
- 13 The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone. A 1-ounce equivalent serving equals 1 ounce of lean meat, poultry, or fish, 1 ounce of cheese (low-fat recommended), 2 ounces of cottage or ricotta cheese (low-fat recommended), ¼ cup of cooked beans and peas (legumes), ½ large egg, 2 tablespoons of nut butters, 1 ounce of nuts or seeds, ¼ cup (2.2 ounces) of commercial tofu (containing at least 5 grams of protein), ½ cup of yogurt or soy yogurt and 1 ounce of alternate protein products (APP). APP must meet the USDA requirements specified in appendix A to Part 210 of the *NSLP regulations*. Meat and meat alternates must be served in a main dish or a main dish and only one other food item. Allowable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts. Nuts and seeds cannot credit for more than 50 percent of the meat/meat alternates requirement. They must be combined with another meat/meat alternate to meet the minimum daily serving. Menus are not required to comply with the maximum for meat/meat alternates, but must meet the minimum and stay within the weekly calorie range. The weekly maximum provides a guide for planning age-appropriate meals that meet the calorie, saturated fat, and sodium requirements.
- 14 The average daily amount of calories for a seven-day school week must be at least the minimum value but no more than the maximum value.
- 15 Discretionary sources of calories (solid fats and added sugars) may be added if meals meet the dietary specifications for calories, saturated fat, trans fat, and sodium.
- 16 This intermediate sodium limit (first target) applies through June 30, 2017. The second sodium target of ≤ 935 milligrams must be reached by July 1, 2017. The second sodium target of ≤ 935 milligrams must be reached by July 1, 2017. The final sodium target of ≤ 640 milligrams must be reached by July 1, 2022.

### Five-day Breakfast Meal Pattern for Grades K-8

This meal pattern is for schools with grade configurations that prevent students from being separated into the required grade groups (K-5 and 6-8) at breakfast. Examples include schools with grades K-8 or grades 5-8 where students from different grade groups eat together during the same breakfast period.

Five-day Breakfast Meal Pattern for Schools with Grades K-8 <sup>1</sup>		
FOOD COMPONENTS	GRADES K-8	
	Daily	Weekly <sup>2</sup>
<b>Fluid Milk (cups) <sup>3</sup></b> <i>Low-fat (1%) unflavored or fat-free unflavored or flavored</i>	1	5
<b>Fruits (cups) <sup>4, 5, 6</sup></b> <i>Juice (fruit and vegetable) cannot exceed half of the weekly fruits</i>	1	5
<b>Grains (ounce equivalents) <sup>7, 8</sup></b> <i>All grains must be whole grain-rich</i>	1	8-10
<b>DIETARY SPECIFICATIONS (NUTRITION STANDARDS):</b> <i>Daily amount based on the average for a five-day week</i>		
Calories <sup>9, 10</sup>	400-500	
Saturated Fat (percentage of total calories) <sup>10</sup>	< 10	
Sodium (milligrams) <sup>11</sup>	≤ 540	
Trans Fat (grams) <sup>10</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.	
<b>◀ See next page for important menu planning notes ▶</b>		

## Five-day Breakfast Meal Pattern for Schools with Grades K-8, continued

- 1 The meal pattern shows the required amounts of each component that must be made available to each child to claim reimbursement for the meal. Meals may include larger amounts of any component if the weekly menu meets the dietary specifications for calories, saturated fat, trans fat, and sodium. Use the USDA's *Food Buying Guide for School Meal Programs* to determine the amount of purchased food that meets the requirements to determine the amount of purchased food that meets the requirements. For processed foods, review Child Nutrition (CN) labels (see appendix G) or product formulation statements (see appendix H).
- 2 A week equals five days. Schools that regularly operate for six or seven days must increase the weekly requirements by 20 percent for each additional day. Schools that regularly operate for less than five days must decrease the weekly requirements by 20 percent for each day less than five days. For more information, see appendix C.
- 3 Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole, reduced-fat (2%), and flavored low-fat milk cannot be served.
- 4 Fruits include fresh, frozen, canned in light syrup, water or juice and dried. All fruits credit based on volume except dried fruit credits as twice the volume served, e.g., ¼ cup of dried fruit credits as ½ cup of fruit.
- 5 Vegetables may be substituted for fruits but the first two cups per week must be from the dark green, red/orange, beans and peas (legumes) or "other" vegetable subgroups. Starchy vegetables may be offered on any day if the weekly menu includes at least two cups of nonstarchy vegetables. All vegetables credit based on volume except raw leafy greens credit as half the volume served (e.g., 1 cup credits as ½ cup of vegetables) and tomato paste and puree credit based on the volume as if reconstituted (see the *Food Buying Guide*).
- 6 Fruit and vegetable juice must be pasteurized 100 percent full-strength juice. Fruit juice together with vegetable juice cannot exceed half of the weekly fruits (see appendix E). Serving whole fruits and vegetables instead of juice is recommended.
- 7 All grains must be whole grain-rich, i.e., the product contains at least 50 percent whole grains, any remaining grains are enriched and any noncreditable grains are less than 2 percent (¼ ounce equivalent) of the product formula. For more information, see *Criteria for Whole Grain-rich Foods*. All grains must meet the serving sizes specified in *Whole Grain-rich Ounce Equivalents for School Nutrition Programs* (appendix E). Menus are not required to comply with the maximum for grains, but must meet the minimum and stay within the weekly calorie range. The weekly maximum provides a guide for planning age-appropriate meals that meet the calorie, saturated fat, and sodium requirements.
- 8 The SBP does not require the meat/meat alternates component. Schools may substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of grains after offering the minimum daily grains serving (1 ounce equivalent). The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone. A 1-ounce equivalent equals 1 ounce of lean meat, poultry, or fish, 1 ounce of cheese (low-fat recommended), 2 ounces of cottage or ricotta cheese (low-fat recommended), ¼ cup of cooked beans and peas (legumes), ½ large egg, 2 tablespoons of nut butters, 1 ounce of nuts or seeds, ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein, ½ cup of yogurt or soy yogurt, and 1 ounce of alternate protein products (APP). APP must meet the USDA requirements specified in appendix A to Part 220 of the *SBP regulations*. Allowable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts.
- 9 The average daily amount of calories for a five-day school week must be at least the minimum value but no more than the maximum value.
- 10 Discretionary sources of calories (solid fats and added sugars) may be added if meals meet the dietary specifications for calories, saturated fat, trans fat, and sodium.
- 11 This intermediate sodium limit (first target) applies through June 30, 2017. The second sodium target of ≤ 485 milligrams must be reached by July 1, 2017. The final sodium target of ≤ 430 milligrams must be reached by July 1, 2022.

## Five-day Breakfast Meal Pattern for Grades K-12

This meal pattern is for schools with grade configurations that prevent students from being separated into the required grade groups at breakfast. An example is a residential child care facility where students in grades K-12 eat together during the same breakfast period.

Five-day Breakfast Meal Pattern for Schools with Grades K-12 <sup>1</sup>		
FOOD COMPONENTS	GRADES K-12	
	Daily	Weekly <sup>2</sup>
<b>Fluid Milk (cups) <sup>3</sup></b> <i>Low-fat (1%) unflavored or fat-free unflavored or flavored</i>	1	5
<b>Fruits (cups) <sup>4, 5, 6</sup></b> <i>Juice (fruit and vegetable) cannot exceed half of the weekly fruits</i>	1	5
<b>Grains (ounce equivalents) <sup>7, 8</sup></b> <i>All grains must be whole grain-rich</i>	1	9-10
<b>DIETARY SPECIFICATIONS (NUTRITION STANDARDS):</b> <i>Daily amount based on the average for a five-day week</i>		
Calories <sup>9, 10</sup>	450-500	
Saturated Fat (percentage of total calories) <sup>10</sup>	< 10	
Sodium (milligrams) <sup>11</sup>	≤ 540	
Trans Fat (grams) <sup>10</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.	
◀ See next page for important menu planning notes ▶		

## Five-day Breakfast Meal Pattern for Schools with Grades K-12, continued

- 1 The meal pattern shows the required amounts of each component that must be made available to each child to claim reimbursement for the meal. Meals may include larger amounts of any component if the weekly menu meets the dietary specifications for calories, saturated fat, trans fat, and sodium. Use the USDA's *Food Buying Guide for School Meal Programs* to determine the amount of purchased food that meets the requirements to determine the amount of purchased food that meets the requirements. For processed foods, review Child Nutrition (CN) labels (see appendix G) or product formulation statements (see appendix H).
- 2 A week equals five days. Schools that regularly operate for six or seven days must increase the weekly requirements by 20 percent for each additional day. Schools that regularly operate for less than five days must decrease the weekly requirements by 20 percent for each day less than five days. For more information, see appendix C.
- 3 Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole, reduced-fat (2%), and flavored low-fat milk cannot be served.
- 4 Fruits include fresh, frozen, canned in light syrup, water or juice and dried. All fruits credit based on volume except dried fruit credits as twice the volume served, e.g., ¼ cup of dried fruit credits as ½ cup of fruit.
- 5 Vegetables may be substituted for fruits but the first two cups per week must be from the dark green, red/orange, beans and peas (legumes) or "other" vegetable subgroups. Starchy vegetables may be offered on any day if the weekly menu includes at least two cups of nonstarchy vegetables. All vegetables credit based on volume except raw leafy greens credit as half the volume served (e.g., 1 cup credits as ½ cup of vegetables) and tomato paste and puree credit based on the volume as if reconstituted (see the *Food Buying Guide*).
- 6 Fruit and vegetable juice must be pasteurized 100 percent full-strength juice. Fruit juice together with vegetable juice cannot exceed half of the weekly fruits (see appendix E). Serving whole fruits and vegetables instead of juice is recommended.
- 7 All grains must be whole grain-rich, i.e., the product contains at least 50 percent whole grains, any remaining grains are enriched and any noncreditable grains are less than 2 percent (¼ ounce equivalent) of the product formula. For more information, see *Criteria for Whole Grain-rich Foods*. All grains must meet the serving sizes specified in *Whole Grain-rich Ounce Equivalents for School Nutrition Programs* (appendix E). Menus are not required to comply with the maximum for grains, but must meet the minimum and stay within the weekly calorie range. The weekly maximum provides a guide for planning age-appropriate meals that meet the calorie, saturated fat, and sodium requirements.
- 8 The SBP does not require the meat/meat alternates component. Schools may substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of grains after offering the minimum daily grains serving (1 ounce equivalent). The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone. A 1-ounce equivalent equals 1 ounce of lean meat, poultry, or fish, 1 ounce of cheese (low-fat recommended), 2 ounces of cottage or ricotta cheese (low-fat recommended), ¼ cup of cooked beans and peas (legumes), ½ large egg, 2 tablespoons of nut butters, 1 ounce of nuts or seeds, ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein, ½ cup of yogurt or soy yogurt, and 1 ounce of alternate protein products (APP). APP must meet the USDA requirements specified in appendix A to Part 220 of the *SBP regulations*. Allowable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts.
- 9 The average daily amount of calories for a five-day school week must be at least the minimum value but no more than the maximum value.
- 10 Discretionary sources of calories (solid fats and added sugars) may be added if meals meet the dietary specifications for calories, saturated fat, trans fat, and sodium.
- 11 This intermediate sodium limit (first target) applies through June 30, 2017. The second sodium target of ≤ 485 milligrams must be reached by July 1, 2017. The final sodium target of ≤ 430 milligrams must be reached by July 1, 2022.

## Five-day Breakfast Meal Pattern for Grades 6-12

This meal pattern is for schools with grade configurations that prevent students from being separated into the required grade groups at breakfast. An example is a residential child care facility where students in grades 6-12 eat together during the same breakfast period.

Five-day Breakfast Meal Pattern for Schools with Grades 6-12 <sup>1</sup>		
FOOD COMPONENTS	GRADES 6-12	
	Daily	Weekly <sup>2</sup>
<b>Fluid Milk (cups)</b> <sup>3</sup> <i>Low-fat (1%) unflavored or fat-free unflavored or flavored</i>	1	5
<b>Fruits (cups)</b> <sup>4, 5, 6</sup> <i>Juice (fruit and vegetable) cannot exceed half of the weekly fruits</i>	1	5
<b>Grains (ounce equivalents)</b> <sup>7, 8</sup> <i>All grains must be whole grain-rich</i>	1	9-10
<b>DIETARY SPECIFICATIONS (NUTRITION STANDARDS):</b> <i>Daily amount based on the average for a five-day week</i>		
Calories <sup>9, 10</sup>	450-550	
Saturated Fat (percentage of total calories) <sup>10</sup>	< 10	
Sodium (milligrams) <sup>11</sup>	≤ 540	
Trans Fat (grams) <sup>10</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.	
◀ See next page for important menu planning notes ▶		

## Five-day Breakfast Meal Pattern for Schools with Grades 6-12, continued

- 1 The meal pattern shows the required amounts of each component that must be made available to each child to claim reimbursement for the meal. Meals may include larger amounts of any component if the weekly menu meets the dietary specifications for calories, saturated fat, trans fat, and sodium. Use the USDA's *Food Buying Guide for School Meal Programs* to determine the amount of purchased food that meets the requirements to determine the amount of purchased food that meets the requirements. For processed foods, review Child Nutrition (CN) labels (see appendix G) or product formulation statements (see appendix H).
- 2 A week equals five days. Schools that regularly operate for six or seven days must increase the weekly requirements by 20 percent for each additional day. Schools that regularly operate for less than five days must decrease the weekly requirements by 20 percent for each day less than five days. For more information, see appendix C.
- 3 Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole, reduced-fat (2%), and flavored low-fat milk cannot be served.
- 4 Fruits include fresh, frozen, canned in light syrup, water or juice and dried. All fruits credit based on volume except dried fruit credits as twice the volume served, e.g., ¼ cup of dried fruit credits as ½ cup of fruit.
- 5 Vegetables may be substituted for fruits but the first two cups per week must be from the dark green, red/orange, beans and peas (legumes) or "other" vegetable subgroups. Starchy vegetables may be offered on any day if the weekly menu includes at least two cups of nonstarchy vegetables. All vegetables credit based on volume except raw leafy greens credit as half the volume served (e.g., 1 cup credits as ½ cup of vegetables) and tomato paste and puree credit based on the volume as if reconstituted (see the *Food Buying Guide*).
- 6 Fruit and vegetable juice must be pasteurized 100 percent full-strength juice. Fruit juice together with vegetable juice cannot exceed half of the weekly fruits (see appendix E). Serving whole fruits and vegetables instead of juice is recommended.
- 7 All grains must be whole grain-rich, i.e., the product contains at least 50 percent whole grains, any remaining grains are enriched and any noncreditable grains are less than 2 percent (¼ ounce equivalent) of the product formula. For more information, see *Criteria for Whole Grain-rich Foods*. All grains must meet the serving sizes specified in *Whole Grain-rich Ounce Equivalents for School Nutrition Programs* (appendix E). Menus are not required to comply with the maximum for grains, but must meet the minimum and stay within the weekly calorie range. The weekly maximum provides a guide for planning age-appropriate meals that meet the calorie, saturated fat, and sodium requirements.
- 8 The SBP does not require the meat/meat alternates component. Schools may substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of grains after offering the minimum daily grains serving (1 ounce equivalent). The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone. A 1-ounce equivalent equals 1 ounce of lean meat, poultry, or fish, 1 ounce of cheese (low-fat recommended), 2 ounces of cottage or ricotta cheese (low-fat recommended), ¼ cup of cooked beans and peas (legumes), ½ large egg, 2 tablespoons of nut butters, 1 ounce of nuts or seeds, ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein, ½ cup of yogurt or soy yogurt, and 1 ounce of alternate protein products (APP). APP must meet the USDA requirements specified in appendix A to Part 220 of the *SBP regulations*. Allowable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts.
- 9 The average daily amount of calories for a five-day school week must be at least the minimum value but no more than the maximum value.
- 10 Discretionary sources of calories (solid fats and added sugars) may be added if meals meet the dietary specifications for calories, saturated fat, trans fat, and sodium.
- 11 This intermediate sodium limit (first target) applies through June 30, 2017. The second sodium target of ≤ 535 milligrams must be reached by July 1, 2017. The final sodium target of ≤ 470 milligrams must be reached by July 1, 2022.

### Seven-day Breakfast Meal Pattern for Grades K-8

This meal pattern is for schools with grade configurations that prevent students from being separated into the required grade groups at breakfast. Examples include schools with grades K-8 or grades 5-8 where students from different grade groups eat together during the same breakfast period.

Seven-day Breakfast Meal Pattern for Schools with Grades K-8 <sup>1</sup>		
FOOD COMPONENTS	GRADES K-8	
	Daily	Weekly <sup>2</sup>
<b>Fluid Milk (cups) <sup>3</sup></b> <i>Low-fat (1%) unflavored or fat-free unflavored or flavored</i>	1	7
<b>Fruits (cups) <sup>4, 5, 6</sup></b> <i>Juice (fruit and vegetable) cannot exceed half of the weekly fruits</i>	1	7
<b>Grains (ounce equivalents) <sup>7, 8</sup></b> <i>All grains must be whole grain-rich</i>	1	11-14
<b>DIETARY SPECIFICATIONS (NUTRITION STANDARDS):</b> <i>Daily amount based on the average for a seven-day week</i>		
Calories <sup>9, 10</sup>	400-500	
Saturated Fat (percentage of total calories) <sup>10</sup>	< 10	
Sodium (milligrams) <sup>11</sup>	≤ 540	
Trans Fat (grams) <sup>10</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.	
◀ See next page for important menu planning notes ▶		

## Seven-day Breakfast Meal Pattern for Schools with Grades K-8, continued

- 1 The meal pattern shows the required amounts of each component that must be made available to each child to claim reimbursement for the meal. Meals may include larger amounts of any component if the weekly menu meets the dietary specifications for calories, saturated fat, trans fat, and sodium. Use the USDA's *Food Buying Guide for School Meal Programs* to determine the amount of purchased food that meets the requirements to determine the amount of purchased food that meets the requirements. For processed foods, review Child Nutrition (CN) labels (see appendix G) or product formulation statements (see appendix H).
- 2 A week equals seven days. Schools that regularly operate for less than seven days must decrease the weekly requirements by 20 percent for each day less than seven days. For more information, see appendix C.
- 3 Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole, reduced-fat (2%), and flavored low-fat milk cannot be served.
- 4 Fruits include fresh, frozen, canned in light syrup, water or juice and dried. All fruits credit based on volume except dried fruit credits as twice the volume served, e.g., ¼ cup of dried fruit credits as ½ cup of fruit.
- 5 Vegetables may be substituted for fruits but the first two cups per week must be from the dark green, red/orange, beans and peas (legumes) or "other" vegetable subgroups. Starchy vegetables may be offered on any day if the weekly menu includes at least two cups of nonstarchy vegetables. All vegetables credit based on volume except raw leafy greens credit as half the volume served (e.g., 1 cup credits as ½ cup of vegetables) and tomato paste and puree credit based on the volume as if reconstituted (see the *Food Buying Guide*).
- 6 Fruit and vegetable juice must be pasteurized 100 percent full-strength juice. Fruit juice together with vegetable juice cannot exceed half of the weekly fruits (see appendix E). Serving whole fruits and vegetables instead of juice is recommended.
- 7 All grains must be whole grain-rich, i.e., the product contains at least 50 percent whole grains, any remaining grains are enriched and any noncreditable grains are less than 2 percent (¼ ounce equivalent) of the product formula. For more information, see *Criteria for Whole Grain-rich Foods*. All grains must meet the serving sizes specified in *Whole Grain-rich Ounce Equivalents for School Nutrition Programs* (appendix E). Menus are not required to comply with the maximum for grains, but must meet the minimum and stay within the weekly calorie range. The weekly maximum provides a guide for planning age-appropriate meals that meet the calorie, saturated fat, and sodium requirements.
- 8 The SBP does not require the meat/meat alternates component. Schools may substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of grains after offering the minimum daily grains serving (1 ounce equivalent). The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone. A 1-ounce equivalent equals 1 ounce of lean meat, poultry, or fish, 1 ounce of cheese (low-fat recommended), 2 ounces of cottage or ricotta cheese (low-fat recommended), ¼ cup of cooked beans and peas (legumes), ½ large egg, 2 tablespoons of nut butters, 1 ounce of nuts or seeds, ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein, ½ cup of yogurt or soy yogurt, and 1 ounce of alternate protein products (APP). APP must meet the USDA requirements specified in appendix A to Part 220 of the *SBP regulations*. Allowable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts.
- 9 The average daily amount of calories for a seven-day school week must be at least the minimum value but no more than the maximum value.
- 10 Discretionary sources of calories (solid fats and added sugars) may be added if meals meet the dietary specifications for calories, saturated fat, trans fat, and sodium.
- 11 This intermediate sodium limit (first target) applies through June 30, 2017. The second sodium target of ≤ 535 milligrams must be reached by July 1, 2017. The final sodium target of ≤ 470 milligrams must be reached by July 1, 2022.

## Seven-day Breakfast Meal Pattern for Grades K-12

This meal pattern is for schools with grade configurations that prevent students from being separated into the required grade groups at breakfast. An example is a residential child care facility where students in grades K-12 eat together during the same breakfast period.

Seven-day Breakfast Meal Pattern for Schools with Grades K-12 <sup>1</sup>		
FOOD COMPONENTS	GRADES K-8	
	Daily	Weekly <sup>2</sup>
<b>Fluid Milk (cups) <sup>3</sup></b> <i>Low-fat (1%) unflavored or fat-free unflavored or flavored</i>	1	7
<b>Fruits (cups) <sup>4, 5, 6</sup></b> <i>Juice (fruit and vegetable) cannot exceed half of the weekly fruits</i>	1	7
<b>Grains (ounce equivalents) <sup>7, 8</sup></b> <i>All grains must be whole grain-rich</i>	1	12.5-14
<b>DIETARY SPECIFICATIONS (NUTRITION STANDARDS):</b> <i>Daily amount based on the average for a seven-day week</i>		
Calories <sup>9, 10</sup>	450-500	
Saturated Fat (percentage of total calories) <sup>10</sup>	< 10	
Sodium (milligrams) <sup>11</sup>	≤ 540	
Trans Fat (grams) <sup>10</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.	
<b>◀ See next page for important menu planning notes ▶</b>		

## Seven-day Breakfast Meal Pattern for Schools with Grades K-12, continued

- 1 The meal pattern shows the required amounts of each component that must be made available to each child to claim reimbursement for the meal. Meals may include larger amounts of any component if the weekly menu meets the dietary specifications for calories, saturated fat, trans fat, and sodium. Use the USDA's *Food Buying Guide for School Meal Programs* to determine the amount of purchased food that meets the requirements to determine the amount of purchased food that meets the requirements. For processed foods, review Child Nutrition (CN) labels (see appendix G) or product formulation statements (see appendix H).
- 2 A week equals seven days. Schools that regularly operate for less than seven days must decrease the weekly requirements by 20 percent for each day less than seven days. For more information, see appendix C.
- 3 Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole, reduced-fat (2%), and flavored low-fat milk cannot be served.
- 4 Fruits include fresh, frozen, canned in light syrup, water or juice and dried. All fruits credit based on volume except dried fruit credits as twice the volume served, e.g., ¼ cup of dried fruit credits as ½ cup of fruit.
- 5 Vegetables may be substituted for fruits but the first two cups per week must be from the dark green, red/orange, beans and peas (legumes) or "other" vegetable subgroups. Starchy vegetables may be offered on any day if the weekly menu includes at least two cups of nonstarchy vegetables. All vegetables credit based on volume except raw leafy greens credit as half the volume served (e.g., 1 cup credits as ½ cup of vegetables) and tomato paste and puree credit based on the volume as if reconstituted (see the *Food Buying Guide*).
- 6 Fruit and vegetable juice must be pasteurized 100 percent full-strength juice. Fruit juice together with vegetable juice cannot exceed half of the weekly fruits (see appendix E). Serving whole fruits and vegetables instead of juice is recommended.
- 7 All grains must be whole grain-rich, i.e., the product contains at least 50 percent whole grains, any remaining grains are enriched and any noncreditable grains are less than 2 percent (¼ ounce equivalent) of the product formula. For more information, see *Criteria for Whole Grain-rich Foods*. All grains must meet the serving sizes specified in *Whole Grain-rich Ounce Equivalents for School Nutrition Programs* (appendix E). Menus are not required to comply with the maximum for grains, but must meet the minimum and stay within the weekly calorie range. The weekly maximum provides a guide for planning age-appropriate meals that meet the calorie, saturated fat, and sodium requirements.
- 8 The SBP does not require the meat/meat alternates component. Schools may substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of grains after offering the minimum daily grains serving (1 ounce equivalent). The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone. A 1-ounce equivalent equals 1 ounce of lean meat, poultry, or fish, 1 ounce of cheese (low-fat recommended), 2 ounces of cottage or ricotta cheese (low-fat recommended), ¼ cup of cooked beans and peas (legumes), ½ large egg, 2 tablespoons of nut butters, 1 ounce of nuts or seeds, ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein, ½ cup of yogurt or soy yogurt, and 1 ounce of alternate protein products (APP). APP must meet the USDA requirements specified in appendix A to Part 220 of the *SBP regulations*. Allowable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts.
- 9 The average daily amount of calories for a seven-day school week must be at least the minimum value but no more than the maximum value.
- 10 Discretionary sources of calories (solid fats and added sugars) may be added if meals meet the dietary specifications for calories, saturated fat, trans fat, and sodium.
- 11 This intermediate sodium limit (first target) applies through June 30, 2017. The second sodium target of ≤ 485 milligrams must be reached by July 1, 2017. The final sodium target of ≤ 430 milligrams must be reached by July 1, 2022.

### Seven-day Breakfast Meal Pattern for Grades 6-12

This meal pattern is for schools with grade configurations that prevent students from being separated into the required grade groups at breakfast. An example is a residential child care facility where students in grades 6-12 eat together during the same breakfast period.

Seven-day Breakfast Meal Pattern for Schools with Grades 6-12 <sup>1</sup>		
FOOD COMPONENTS	GRADES 6-12	
	Daily	Weekly <sup>2</sup>
<b>Fluid Milk (cups) <sup>3</sup></b> <i>Low-fat (1%) unflavored or fat-free unflavored or flavored</i>	1	7
<b>Fruits (cups) <sup>4, 5, 6</sup></b> <i>Juice (fruit and vegetable) cannot exceed half of the weekly fruits</i>	1	7
<b>Grains (ounce equivalents) <sup>7, 8</sup></b> <i>All grains must be whole grain-rich</i>	1	12.5-14
<b>DIETARY SPECIFICATIONS (NUTRITION STANDARDS):</b> <i>Daily amount based on the average for a seven-day week</i>		
Calories <sup>9, 10</sup>	450-550	
Saturated Fat (percentage of total calories) <sup>10</sup>	< 10	
Sodium (milligrams) <sup>11</sup>	≤ 600	
Trans Fat (grams) <sup>10</sup>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.	
◀ See next page for important menu planning notes ▶		

## Seven-day Breakfast Meal Pattern for Schools with Grades 6-12, continued

- 1 The meal pattern shows the required amounts of each component that must be made available to each child to claim reimbursement for the meal. Meals may include larger amounts of any component if the weekly menu meets the dietary specifications for calories, saturated fat, trans fat, and sodium. Use the USDA's *Food Buying Guide for School Meal Programs* to determine the amount of purchased food that meets the requirements to determine the amount of purchased food that meets the requirements. For processed foods, review Child Nutrition (CN) labels (see appendix G) or product formulation statements (see appendix H).
- 2 A week equals seven days. Schools that regularly operate for less than seven days must decrease the weekly requirements by 20 percent for each day less than seven days. For more information, see appendix C.
- 3 Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole, reduced-fat (2%), and flavored low-fat milk cannot be served.
- 4 Fruits include fresh, frozen, canned in light syrup, water or juice and dried. All fruits credit based on volume except dried fruit credits as twice the volume served, e.g., ¼ cup of dried fruit credits as ½ cup of fruit.
- 5 Vegetables may be substituted for fruits but the first two cups per week must be from the dark green, red/orange, beans and peas (legumes) or "other" vegetable subgroups. Starchy vegetables may be offered on any day if the weekly menu includes at least two cups of nonstarchy vegetables. All vegetables credit based on volume except raw leafy greens credit as half the volume served (e.g., 1 cup credits as ½ cup of vegetables) and tomato paste and puree credit based on the volume as if reconstituted (see the *Food Buying Guide*).
- 6 Fruit and vegetable juice must be pasteurized 100 percent full-strength juice. Fruit juice together with vegetable juice cannot exceed half of the weekly fruits (see appendix E). Serving whole fruits and vegetables instead of juice is recommended.
- 7 All grains must be whole grain-rich, i.e., the product contains at least 50 percent whole grains, any remaining grains are enriched and any noncreditable grains are less than 2 percent (¼ ounce equivalent) of the product formula. For more information, see *Criteria for Whole Grain-rich Foods*. All grains must meet the serving sizes specified in *Whole Grain-rich Ounce Equivalents for School Nutrition Programs* (appendix E). Menus are not required to comply with the maximum for grains, but must meet the minimum and stay within the weekly calorie range. The weekly maximum provides a guide for planning age-appropriate meals that meet the calorie, saturated fat, and sodium requirements.
- 8 The SBP does not require the meat/meat alternates component. Schools may substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of grains after offering the minimum daily grains serving (1 ounce equivalent). The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone. A 1-ounce equivalent equals 1 ounce of lean meat, poultry, or fish, 1 ounce of cheese (low-fat recommended), 2 ounces of cottage or ricotta cheese (low-fat recommended), ¼ cup of cooked beans and peas (legumes), ½ large egg, 2 tablespoons of nut butters, 1 ounce of nuts or seeds, ¼ cup (2.2 ounces) of commercial tofu containing at least 5 grams of protein, ½ cup of yogurt or soy yogurt, and 1 ounce of alternate protein products (APP). APP must meet the USDA requirements specified in appendix A to Part 220 of the *SBP regulations*. Allowable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts.
- 9 The average daily amount of calories for a seven-day school week must be at least the minimum value but no more than the maximum value.
- 10 Discretionary sources of calories (solid fats and added sugars) may be added if meals meet the dietary specifications for calories, saturated fat, trans fat, and sodium.
- 11 This intermediate sodium limit (first target) applies through June 30, 2017. The second sodium target of ≤ 535 milligrams must be reached by July 1, 2017. The final sodium target of ≤ 470 milligrams must be reached by July 1, 2022.