

Meal Pattern Chart

National School Lunch Program

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

Pre-Kindergarten (Pre-K) Daily		
Meal Pattern Components	Age 1-2	Age 3-5
Milk: Unflavored Age 1, whole milk Age 2-5, whole, 2%, 1%, skim unflavored	½ cup	¾ cup
Fruits	⅓ cup	¼ cup
Vegetables	½ cup	¼ cup
1,2 Grains: Whole Grain-Rich or Enriched		
Bread Product: (e.g., biscuit, roll, or muffin)	0.5 oz eq	
Pasta	0.5 oz eq	
Meat/Meat Alternates		
Lean meat, poultry, fish	1 oz	1.5 oz
Tofu, soy product, or alternate protein products	1 oz	1.5 oz
Cheese	1 oz	1.5 oz
Large egg	½ egg	¾ egg
Beans, peas, and lentils	0.5 oz eq	0.75 oz eq
Peanut butter, soy nut butter, or other nuts or seed butter	2 Tbsp	3 Tbsp
3 Yogurt, plain or flavored, unsweetened or sweetened	½ oz	1 oz
Peanuts, soy nuts, tree nuts, or seeds	0.5 oz	0.75 oz

School Age Daily and Weekly			
Meal Pattern Components	Grades K-5	Grades 6-8	Grades 9-12
⁴Milk Unflavored or ⁵flavored whole, 2%, 1%, or skim	5 (1) cups	5 (1) cups	5 (1) cups
Fruits	2½ (½) cups	2½ (½) cups	5 (1) cups
Vegetables	3¾ (¾) cups	3¾ (¾) cups	5 (1) cups
Dark Greens	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	1¼ cup
Beans, Peas, Lentils	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional Vegetable	1 cup	1 cup	1½ cup
⁶Grains 80% Whole Grain-Rich	8-9 (1 oz eq)	8-10 (1 oz eq)	10-12 (2 oz eq)
Meat/Meat Alternates	8-10 (1 oz eq)	9-10 (1 oz eq)	10-12 (2 oz eq)
Nutrient Specifications: Daily Amount Based on Average 5-Day Week			
Min.-Max. Calories(kcal)	550-650	600-700	750-850
Saturated Fat % of total calories	< 10	< 10	< 10
Sodium Target (mg)	≤1,110	≤1,225	≤1,280

¹Pre-K: Grain-based desserts are not creditable toward the grains component.

²Pre-K: One whole-grain rich food item must be served each day across all meals.

³Pre-K: Yogurt may have no more than 12 grams of added sugars per 6 ounces.

⁴One choice of milk must be unflavored at each meal service. K-5: There must be a variety of milk choices, whole, 2%, 1%, or skim milk.

⁵Flavored milk must contain no more than 10 grams of added sugars per 8 fluid ounces, or for flavored milk sold à la carte in middle and high schools, 15 grams of added sugars per 12 fluid ounces.

⁶At least 80 percent of weekly grains offered must be whole grain rich, with the remaining enriched.

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