

## Lunch Meal Pattern 2022-23

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Fruits (cups) <sup>a c</sup>	Weekly: 2 ½ cups Daily: ½ cup			Weekly: 5 cups Daily: 1 cup
Vegetables (cups) <sup>a c d</sup>	Weekly: 3 ¾ cups Daily: ¾ cup			Weekly: 5 cups Daily: 1 cup
Dark green <sup>e</sup>	½ cup			½ cup
Red/Orange <sup>e</sup>	¾ cup			1 ¼ cup
Beans and peas <sup>e</sup> (legumes)	½ cup			½ cup
Starchy	½ cup			½ cup
Other <sup>e</sup>	½ cup			¾ cup
Additional Vegetables to Reach Total <sup>f</sup>	1 cup			1 ½ cups
Grains (oz eq) <sup>b g</sup>	Weekly: ≥8oz eq Daily: 1 oz eq			Weekly: ≥10oz eq Daily: 2 oz eq
Meats/Meat Alternates (oz eq) <sup>b</sup>	Weekly: ≥8oz eq Daily: 1 oz eq	Weekly: ≥9oz eq Daily: 1 oz eq		Weekly: ≥10oz eq Daily: 2 oz eq
Fluid milk (cups) <sup>h</sup>	1 cup daily for all age-grade groups			
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>				
Min-max calories (kcal) <sup>i j</sup>	550-650	600-700	600-650	750-850
Saturated fat (% of total calories) <sup>j</sup>	<10			
Sodium Target 1 (mg) <sup>k</sup>	≤1,230	≤1,360	<1,230	≤1,420
Trans fat <sup>l</sup>	0 grams/serving			

- a. Minimum creditable serving for fruits and vegetables is 1/8 cup.
- b. Minimum creditable serving for grains and meat/meat alternates is 0.25 ounce equivalents (oz eq).
- c. Dried fruit credit double their volume (e.g. ¼ cup of dried fruit credits as 1/2 cup of fruit); No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength juice.
- d. Leafy green vegetables credit half their volume (e.g. 1.0 cup of leafy greens credits as 1/2 cup of vegetables).
- e. The “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups.
- f. Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
- g. 80% of grains offered over the week must be whole grain-rich.
- h. All fluid milk must be low-fat (1 percent fat or less, unflavored or flavored) or fat-free (unflavored or flavored).
- i. The average daily calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).
- j. Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium.
- k. Sodium Target 1 (shown) is effective through SY 2022-2023.
- l. Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.