

## *Healthy Hunger Free Kids Act*

### LUNCH MEAL PATTERN

	Grades K-5	Grades 6-8	Grades 9-12
	<b>Minimum amount of food per day or week</b>		
<b>FRUITS</b>	½ cup per day		1 cup per day
<b>VEGETABLES</b>	¾ cup per day (3¾ cups/week)		1 cup per day (5 cups/week)
* <b>Dark Green</b>	½ cup per week		
* <b>Red/Orange</b>	¾ cup per week		1¼ cups per week
* <b>Beans/Peas</b> (Legumes)	½ cup per week		
* <b>Starchy</b> (green peas, corn, white potatoes)	½ cup per week		
* <b>Other</b>	½ cup per week		¾ cup per week
<b>Additional veg to reach total</b>	1 cup per week		1½ cups per week
<b>GRAINS</b> (≥50 percent must be whole-grain rich)	1 equiv per day; 8-9 per week	1 equiv per day; 8-10 per week	2 equiv per day; 10-12 per week
<b>MEATS/MEAT ALTERNATES</b>	1 oz. eqiv per day; 8-10 oz .per week	1 oz. eqiv per day 9-10 oz. per week	2 oz. eqiv per day; 10-12 oz. per week
<b>FLUID MILK</b>	1 cup per day		

**NOTES:**

1. One quarter cup of dried fruit counts as ½ cup of fruit; one cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100 percent full strength.
2. Larger amounts of vegetables may be served.
3. For the purposes of the National School Lunch Program (NSLP), “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups.
4. Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
5. At least half of the grains offered must be whole-grain rich in the NSLP beginning July 1, 2012 (school year 2012-2013). All grains must be whole-grain rich in both the NSLP and the School Breakfast Program (SBP) beginning July 1, 2014 (school year 2014-15).
6. Fluid milk must be low-fat (one percent milk fat or less, unflavored) or fat-free (unflavored or flavored).
7. The average daily amount of calories for a five-day school week must be within the range (at least the minimum and no more than the maximum values).
8. 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.
9. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

## Other Specifications - LUNCH:

### Daily Amount Based on the Average for a 5-Day Week

	Grades K-5	Grades 6-8	Grades 9-12
	Minimum amount of food per day or week		
<b>Minimum-maximum calories</b>	550-650	600-700	750-850
<b>Saturated fat (percent of total calories)</b>	<10	<10	<10
<b>Sodium (mg)</b>	≤ 640	≤ 710	≤ 740
<b>Trans fat</b>	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

#### Notes:

1. The average daily amount of calories for a five-day school week must be within the range (at least the minimum and no more than the maximum values).
2. 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.
3. Final sodium specifications are to be reached by school year 2022-2023 or July 1, 2022.
4. Intermediate sodium specifications are established for school year 2014-2015 and 2017-2018. See required intermediate specifications in § 210.10(f)(3) for lunches and § 220.8(f)(3) for breakfast.