

Table 3: Summary of Proposed Meal Requirements¹⁴

Meal Pattern	Breakfast			Lunch		
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food ^a Per Week (Minimum Per Day)					
Fruits (cups) ^b	5 (1)	5 (1)	5 (1)	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups) ^{bc}	0	0	0	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green	0	0	0	0.5 ^d	0.5 ^d	0.5 ^d
Orange	0	0	0	0.5 ^d	0.5 ^d	0.5 ^d
Legumes	0	0	0	0.5 ^d	0.5 ^d	0.5 ^d
Starchy	0	0	0	1	1	1
Other	0	0	0	1.25 ^d	1.25 ^d	2.5 ^d
Grains ^e (oz eq)	7-10 (1)	8-10 (1)	9-10 (1)	9-10 (1)	9-10 (1)	12-13 (2)
Meats/Meat Alternates (oz eq)	5 (1)	5 (1)	7-10 (1)	8-10 (1)	9-10 (1)	10-12 (2)
Milk ^f (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal) ^{gh}	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) ^g	< 10	< 10	< 10	< 10	< 10	< 10
Sodium (mg) ⁱ	≤ 430	≤ 470	≤ 500	≤ 640	≤ 710	≤ 740
Trans fat	Nutrition label must specify zero grams of trans fat per serving.					

^aFood items included in each group and subgroup and amount equivalents. Minimum serving is 1/8 cup.

^bOne cup of fruits and vegetables usually provides 2 servings; 1/4 cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 cup of vegetables. No more than half of the fruit offerings may be in the form of juice.

^cFor breakfast, 1/2 cup of non-starchy vegetables may be considered equivalent to 1/2 cup fruits. No minimum amount of vegetables is required for breakfast.

^dLarger amounts of these vegetables may be served.

^eAt least half of grains must be whole grain-rich. Aiming for a higher proportion of whole grain-rich foods is encouraged.

^fMilk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

^gThe average daily amount for a 5-day school week is not to be less than the minimum or exceed the maximum.

^hDiscretionary 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. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent milk fat are not allowed.

Tables 4 and 5¹⁵ compare the meal pattern recommendations proposed in this rule to current requirements for breakfast and lunch respectively.¹⁶ Key differences include:

¹⁴ Information in this table is summarized from the preamble to the proposed rule.