

Lunch Meal Pattern	Preschool	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week (minimum per day)			
Fruit (cups)	1 ¼ (¼)	2 ½ (½)	2 ½ (½)	5 (1)
Vegetable (cups)	1 ¼ (¼)	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark green	N/A	½	½	½
Red/Orange		¾	¾	1 ¼
Beans and peas		½	½	½
Starchy		½	½	½
Other		½	½	¾
Additional Vegetable to Reach Total		1	1	1 ½
Grain (oz. eq.)*	2 ½ (½)	8 (1)	8 (1)	10 (2)
Meat/Meat Alternate (oz. eq.)	7 ½ (1½)	8 (1)	9 (1)	10 (2)
Fluid Milk (cups)	3 ¾ (¾)	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>				
Minimum-maximum calories (kcal)	N/A	550 - 650	600 - 700	750 - 850
Saturated fat (% of total calories)	N/A	< 10	< 10	< 10
Sodium Target 1a (mg)	N/A	≤ 1110	≤ 1225	≤ 1280
Trans fat	Nutrition label or manufacturer specifications must indicate ZERO (0) grams of trans fat per serving.			

- Amount of food per week (minimum per day) include food items in each food group, subgroup, and ounce equivalents (oz. eq.)
- Fruits and Vegetables – Minimum creditable serving is ¼ cup. Larger amounts of all vegetable subgroups (dark green, red/orange, beans and peas, starchy, and other vegetables) may be served. Any vegetable subgroup may be offered as the “additional vegetable” to reach (weekly) total requirement. ¼ cup of dried fruits counts as ½ cup creditable fruits and 1 cup of leafy greens counts as ½ cup of creditable vegetable. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.
- Eighty percent (80%) of all grains must be whole-grain rich (WGR) and the remaining 20% of weekly grains must be enriched.
- There are no maximums of grains or meats/meat alternate. However, nutrient specifications (calories, saturated fat, and sodium) must be met.
- Fluid milk must be low-fat (1%) or non-fat unflavored or flavored. Two choices are required and unflavored milk must be one of the choices.
- The average daily amount of calories for a school week must be within the range of minimum (no less) and maximum (no more) values.
- No more than half of the meat/meat alternate component in any entree may be in the form of nuts or seeds. This does not include nut butters.
- Schools are encouraged to look for ways to decrease sodium while creating menus that students enjoy.
- For non-comingled Pre-K students, please refer to the CACFP Meal Pattern Chart. Co-mingled Pre-K students may be offered the K-5 meal pattern.