

## National School Lunch Program 2014-2015 School Year

New Lunch Meal Pattern	Amount of food per week (Minimum per day)			
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-8
<b>Menu Component</b>				
<b>Fruit (cups) *</b>	2 ½ (½)	2 ½ (½)	5 (1)	2 ½ (½)
<b>Vegetables (cups)</b>	3 ¾ (¾)	3 ¾ (¾)	5 (1)	3 ¾ (¾)
<b>Dark Green</b>	½	½	½	½
<b>Red/Orange</b>	¾	¾	1 ¼	¾
<b>Beans/Peas ( legumes)</b>	½	½	½	½
<b>Starchy</b>	½	½	½	½
<b>Other vegetable</b>	½	½	¾	½
<b>Additional Vegetables to reach total</b>	1	1	1 ½	1
<b>Grains (oz eq)**</b>	8 (1)	8 (1)	10 (2)	8 (1)
<b>Meat/Meat Alternate (oz)</b>	8 (1)	9 (1)	10 (2)	9 (1)
<b>Fluid Milk (cups)***</b>	5 (1)	5 (1)	5 (1)	5 (1)
<b>Calories</b>	550-650	600-700	750-850	600-650
<b>Sodium (mg; 2015 targets)</b>	≤ 1230	≤ 1360	≤ 1420	≤ 1230

\* Note - Fruits and Vegetables are now 2 separate components

\*\*Maximums for Grains and Meat /Meat Alternates have been suspended for 2014-2015 School Year

\*\*\*All Grains must be Whole Grain Rich

\*\*\*\*Fluid milk must be offered in a variety of low-fat (1%, unflavored) and/or fat-free (flavored or unflavored)

## School Breakfast Program 2014-2015 School Year

Meal Pattern	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
<b>Amount of Food Per Week (Minimum Per Day)</b>				
Fruit (cups) <sup>a</sup>	2½ (½)	2½ (½)	2½ (½)	2½ (½)
Vegetables (cups)	0	0	0	0
Grains (oz. eq.) <sup>b</sup>	7 (1)	8 (1)	9 (1)	9 (1)
Meat/Meat Alternate <sup>c</sup>	0	0	0	0
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)
<b>Other specifications: Daily Amount Based on the Average for a 5-day Week</b>				
Min-Max calories	350-500	400-550	450-600	450-500
Saturated Fat (% of total calories) <sup>d</sup>	<10%	<10%	<10%	<10%
Sodium (mg)	2015 target ≤ 540	2015 target ≤ 600	2015 target ≤ 640	2015 target ≤ 540
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of fat per serving			
Maximums for Grains and Meat /Meat Alternates	have been suspended for 2014-2015 School Year			
**All Grains must be Whole Grain Rich				
***Fluid milk must be offered in a variety of low-fat (1%, unflavored) and/or fat-free (flavored or unflavored)				

- a. One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the weekly fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.
- b. All grains must be whole grain-rich in both the NSLP and the SBP beginning July 1, 2014 (SY 2014-15).
- c. There is no separate meat/meat alternate component in the SBP. As of July 1, 2013 (SY 2013-2014), schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.
- d. In the SBP, calories and trans fat specifications took effect beginning July 1, 2013 (SY 2013-2014).