Chart 1A SCHOOL LUNCH PATTERNS

TRADITIONAL FOOD-BASED MENU PLANNING – Meal Pattern

FOOD COMPONENTS AND FOOD ITEMS	MINIMUM QUANTITIES				RECOMMENDED QUANTITIES
	GROUP I AGES 1 and 2 PRESCHOOL	GROUP II AGES 3 and 4 PRESCHOOL	GROUP III AGES 5-8 GRADES K-3	GROUP IV AGE 9 AND OLDER GRADES 4-12	GROUP V AGE 12 AND OLDER GRADES 7-12
Milk, fluid (as a beverage)	6 fl oz (3/4 cup)	6 fl oz (3/4 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat or Meat Alternate[1, 2, 3, 4, 5] (quantity of the edible portion as served):					
Lean meat, poultry, or fish	1 oz	1-1/2 oz	1-1/2 oz	2 oz	3 oz
Alternate protein products[3]	1 oz	1-1/2 oz	1-1/2 oz	2 oz	3 oz
Cheese	1 oz	1-1/2 oz	1-1/2 oz	2 oz	3 oz
Egg (large)	1/2 large egg	3/4 large egg	3/4 large egg	1 large egg	1-1/2 large eggs
Cooked dry beans or peas[4]	1/4 cup	3/8 cup	3/8 cup	1/2 cup	3/4 cup
Peanut butter or other nut or seed butters	2 Tbsp	3 Tbsp	3 Tbsp	4 Tbsp	6 Tbsp
Yogurt, plain or flavored, unsweetened or sweetened - commercially prepared	4 oz or 1/2 cup	6 oz or 3/4 cup	6 oz or 3/4 cup	8 oz or 1 cup	12 oz or 1-1/2 cups
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above: Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 oz of nuts/seeds=1 oz of cooked lean meat, poultry, or fish)[5]	1/2 oz = 50%[5]	3/4 oz = 50%[5]	3/4 oz = 50%	1 oz = 50%	1-1/2 oz = 50%
Vegetable or Fruit[4, 6] Two or more servings of different vegetables, fruits, or both	1/2 cup	1/2 cup	1/2 cup	3/4 cup	3/4 cup
Grains/Breads[7] (Servings per week): Must be enriched or whole-grain or made from enriched or whole-grain flour or meal that may include bran and/or germ. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products, or cereal grains.	5 per week[8]–minimum of 1/2 per day	8 per week[8]–minimum of 1 per day	8 per week[8]–minimum of 1 per day	8 per week [8]–minimum of 1 per day	10 per week [8]–minimum of 1 per day

[1] Must be served in the main dish or the main dish plus only one other menu item.
[2] Enriched macaroni with fortified protein may be used to meet part of the meat or meat alternate requirement.
[3] Alternate protein products must meet the requirements in Appendix A of 7 CFR Part 210.
[4] Cooked dry beans or peas may be used as a meat alternate or as a vegetable, but not as both components in the same meal.
[5] Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.
[6] No more than one-half of the total requirement may be met with full-strength fruit or vegetable juice.
[7] Enriched macaroni with fortified protein may be used as a meat alternate or as a grains/breads item, but not as both components in the same meal.
[8] For the purposes of this chart, a week equals 5 school days.

Chart 1B SCHOOL LUNCH PATTERNS

ENHANCED FOOD-BASED MENU PLANNING — Meal Pattern

FOOD COMPONENTS AND FOOD ITEMS	MINIMUM REQUIREMENTS				OPTION FOR
	AGES 1 and 2	PRESCHOOL	GRADES K-6	GRADES 7-12	GRADES K-3
Milk, fluid (as a beverage)	6 fl oz (3/4 cup)	6 fl oz (3/4 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat or Meat Alternate[1,2,3,4,5] (quantity of the edible portion as served):					
Lean meat, poultry, or fish	1 oz	1-1/2 oz	2 oz	2 oz	1-1/2 oz
Alternate protein products[3]	1 oz	1-1/2 oz	2 oz	2 oz	1-1/2 oz
Cheese	1 oz	1-1/2 oz	2 oz	2 oz	1-1/2 oz
Egg (large)	1/2 large egg	3/4 large egg	1 large egg	1 large egg	3/4 large egg
Cooked dry beans or peas[4]	1/4 cup	3/8 cup	1/2 cup	1/2 cup	3/8 cup
Peanut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp	3 Tbsp
Yogurt, plain or flavored, unsweetened, or sweetened – commercially prepared	4 oz or 1/2 cup	6 oz or 3/4 cup	8 oz or 1 cup	8 oz or 1 cup	6 oz or 3/4 cup
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above: Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 oz of nuts/seeds = 1 oz of cooked lean meat, poultry, or fish).[5]	1/2 oz = 50%[5]	3/4 oz = 50%[5]	1 oz = 50%	1 oz = 50%	3/4 oz = 50%
Vegetable or Fruit[4,6] Two or more servings of different vegetables, fruits, or both	1/2 cup	1/2 cup	3/4 cup plus an extra 1/2 cup over a week	1 cup	3/4 cup
Grains/Breads[7] (Servings per week): Must be enriched or whole-grain or made from enriched or whole-grain flour or meal that may include bran and/or germ. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products, or cereal grains.	5 per week[8]–minimum of 1/2 per day	8 per week[8]–minimum of 1 per day	12 per week[8]–minimum of 1 per day[9]	15 per week[8]–minimum of 1 per day[9]	10 per week [8]–minimum of 1 per day[9]

[1] Must be served in the main dish or the main dish plus only one other menu item.
[2] Enriched macaroni with fortified protein may be used to meet part of the meat or meat alternate requirement.
[3] Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.
[4] Cooked dry beans or peas may be used as a meat alternate or as a vegetable, but not as both components in the same meal.
[5] Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.
[6] No more than one-half of the total requirement may be met with full-strength fruit or vegetable juice.
[7] Enriched macaroni with fortified protein may be used as a meat alternate or as a grains/breads item, but not as both components in the same meal.
[8] For the purposes of this chart, a week equals 5 school days.
[9] Up to one grains/breads serving per day may be a grain-based dessert.

Chart 2A SCHOOL BREAKFAST PATTERNS

TRADITIONAL FOOD-BASED MENU PLANNING ALTERNATIVE — Meal Pattern

FOOD COMPONENTS AND FOOD ITEMS	MINIMUM REQUIREMENTS		
	AGES 1 and 2	PRESCHOOL	GRADES K-12
Milk (Fluid) (As a beverage, on cereal, or both)	4 fl oz (1/2 cup)	6 fl oz (3/4 cup)	8 fl oz (1 cup)
Juice/Fruit/Vegetable Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup	1/2 cup
SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS; TWO FROM ONE COMPONENT; OR AN EQUIVALENT COMBINATION[1]:			
Grains/Breads[2]			
Whole-grain or enriched bread	1/2 slice	1/2 slice	1 slice
Whole-grain or enriched biscuit, roll, muffin, etc.	1/2 serving	1/2 serving	1 serving
Whole-grain, enriched, or fortified cereal	1/4 cup or 1/3 oz	1/3 cup or 1/2 oz	3/4 cup or 1 oz
Meat or Meat Alternate[3, 4, 5]			
Lean meat/poultry or fish	1/2 oz	1/2 oz	1 oz
Alternate protein products[3]	1/2 oz	1/2 oz	1 oz
Cheese	1/2 oz	1/2 oz	1 oz
Egg (large)	1/2 large egg	1/2 large egg	1/2 large egg
Peanut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp
Cooked dry beans and peas	2 Tbsp	2 Tbsp	4 Tbsp
Nuts and/or seeds (as listed in program guidance)[4, 5]	1/2 oz[5]	1/2 oz[5]	1 oz
Yogurt, plain or flavored, unsweetened, or sweetened – commercially prepared	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup

[1] Minimum servings for meat/meat alternate = 0.25 ounce and for grains/breads = 1/4 serving.
[2] Grains/Breads must be enriched or whole-grain or made from enriched or whole-grain flour or meal that may include bran and/or germ.
[3] Alternate protein products must meet requirements in Appendix A 7 CFR Part 220.
[4] No more than 1 ounce of nuts and/or seeds may be served in any one breakfast.
[5] Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

Chart 2B SCHOOL BREAKFAST PATTERNS

ENHANCED FOOD-BASED MENU PLANNING ALTERNATIVE — Meal Pattern

FOOD COMPONENTS AND FOOD ITEMS	MINIMUM REQUIREMENTS			
	REQUIRED FOR			OPTION FOR
	AGES 1 and 2	PRESCHOOL	GRADES K-12	GRADES 7-12
Milk (Fluid) (As a beverage, on cereal, or both)	4 fl oz (1/2 cup)	6 fl oz (3/4 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Juice/Fruit/Vegetable Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup	1/2 cup	1/2 cup
SELECT ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS; OR TWO FROM ONE COMPONENT; OR AN EQUIVALENT COMBINATION[1]				
Grains/Breads[2]				
Whole-grain or enriched bread	1/2 slice	1/2 slice	1 slice	1 slice
Whole-grain or enriched biscuit, roll, muffin, etc.	1/2 serving	1/2 serving	1 serving	1 serving
Whole-grain, enriched, or fortified cereal	1/4 cup or 1/3 oz	1/3 cup or 1/2 oz	3/4 cup or 1 oz	3/4 cup or 1 oz - Plus an additional serving of one of the Grains/Breads above.
Meat or Meat Alternate[3, 4, 5]				
Lean meat/poultry or fish	1/2 oz	1/2 oz	1 oz	1 oz
Alternate protein products[3]	1/2 oz	1/2 oz	1 oz	1 oz
Cheese	1/2 oz	1/2 oz	1 oz	1 oz
Egg (large)	1/2 large egg	1/2 large egg	1/2 large egg	1/2 large egg
Peanut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Cooked dry beans and peas	2 Tbsp	2 Tbsp	4 Tbsp	4 Tbsp
Nuts and/or seeds (as listed in program guidance)[4, 5]	1/2 oz[5]	1/2 oz[5]	1 oz	1 oz
Yogurt, plain or flavored, unsweetened, or sweetened – commercially prepared	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup	4 oz or 1/2 cup

[1] Minimum servings for meat/meat alternate = 0.25 ounce and for grains/breads = 1/4 serving.
[2] Grains/Breads must be enriched or whole-grain or made from enriched or whole-grain flour or meal that may include bran and/or germ.
[3] Alternate protein products must meet requirements in Appendix A of 7 CFR Part 220.
[4] No more than 1 ounce of nuts and/or seeds may be served in any one breakfast.
[5] Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

Nutrient Standard Menu Planning (NSMP) Requirements

Menus planned under the NSMP approach must meet two requirements:

1) When averaged over the school week, school lunches and school breakfasts must meet the specific age- or grade-based nutrient standards as defined in 7 CFR Parts 210.10 and 220.8; and

2) At a minimum, planned menus must contain the menu items as summarized in Chart 6 below. Additional menu items may need to be added in order to meet nutrient standards and/or to increase variety.

Chart 6 MINIMUM REQUIRED MENU ITEMS FOR NUTRIENT STANDARD MENU PLANNING

	MINIMUM AMOUNTS	
Menu Items	**Lunch**	**Breakfast**
Entree	1 serving	none
Other menu item(s) (side dishes)	1 serving	2 servings
Fluid milk	1 serving	1 serving