

New School Lunch Meal Pattern

The new lunch meal pattern and nutrition standards are effective September 2012. They are in alignment with the Dietary Guidelines for Americans.

There are now **three required grade groups**: K-5, 6-8, and 9-12 with specific requirements for each meal component.

Weekly Average for a 5-Day Week:

Minimum and Maximum Calories per Grade Group:

K-5: 550-650 calories ; 6-8: 600-700 calories; 9-12 750-850 calories

Saturated Fat (% of total Calories): < 10% for each Grade Group

Trans Fat 0 grams per serving

Fruits:

Fruits must be offered daily!

Allowable Fruits: Fresh, Frozen w/o added sugar, canned in juice/light syrup, dried (1/4 cup dried= 1/2 cup fruit), 100% Juice (no more than 1/2 fruit offerings in a meal may be juice)

Weekly Minimum Offering: (K-5)- 2 1/2 cups, (6-8)- 2 1/2 cups, (9-12)- 5 cups

Daily Minimum Offering: (K-5)- 1/2 cup (6-8)- 1/2 cup, (9-12)- 1 cup

Protein:

Weekly Minimum Offering (K-5): 8-10 oz

Weekly Minimum Offering (6-8): 9-10 oz

Weekly Minimum Offering (9-12): 10-12 oz

Daily Minimum Offering (K-8): 1 oz

Daily Minimum Offering (9-12): 2 oz

Offerings will Continue to Include:

Meat, Poultry, Cheese, and Eggs

Dry Cooked Beans/Legumes can be

used as Meat/Meat Alternate

Dairy

1% Unflavored

Fat Free Unflavored Milk

Fat Free Flavored Milk

Vegetables:

Vegetable must be offered daily!

There are 5 required sub groups:

Dark Green (Romaine, Spinach), Red/Orange (Tomatoes, Carrots, Sweet Potatoes), Beans/Peas (Black Beans, Chickpeas), Starchy (Corn, Potatoes) & Other (Celery, Cucumbers) Additional

Vegetables to Meet Weekly Minimum

Weekly Minimum Offering:

(K-5)- 2 1/2 cups

(6-8)- 2 1/2 cups

(9-12)- 5 cups

Grains/Breads:

Grains/Breads:

Whole Wheat Breads and Rolls, Brown Rice, Wheat Pastas

Weekly Minimum Offering (K-5): 8-9 oz

Weekly Minimum Offering (6-8): 8-10 oz

Weekly Minimum Offering (9-12): 10-12 oz

Daily Minimum Offering (K-8): 1 oz

Daily Minimum Offering (9-12): 2 oz

July 2012: Half of Grains Offered Must be Whole Grain Rich

July 2014: All Grains Must be Whole Grain Rich