

## National School Lunch Meal Pattern – 7 day week

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
<b>Milk</b>	7 cups/week (1 cup daily)	7 cups/week (1 cup daily)	7 cups/week (1 cup daily)
<b>Meat or Meat Alternates</b> -Weekly minimum - maximum	11–14 oz equivalent/week (1 oz daily minimum)	12.5-14 oz equivalent/week (1 oz daily minimum)	14-17 oz equivalent/week (2 oz daily minimum)
<b>Vegetables (total )</b> -Weekly minimum	5¼ cups/week (¾ cup daily minimum)	5¼ cups/week (¾ cup daily minimum)	7 cups/week (1 cup daily minimum)
<i>Dark Green Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Red / Orange Subgroup</i>	¾ cup/wk	¾ cup/wk	1¼ cup/wk
<i>Legumes Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Starchy Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Other Subgroup</i>	½ cup/wk	½ cup/wk	¾ cup/wk
<b>Fruits</b> -Weekly minimum	3½ cups/week (½ cup daily minimum)	3½ cups/week (½ cup daily minimum)	7 cups/week (1 cup daily minimum)
<b>Grains / Breads</b> -Weekly minimum	11–12.5 oz equivalent/week (1 oz daily minimum)	11-14 oz equivalent/week (1 oz daily minimum)	14-17 oz equivalent/week (2 oz daily minimum)
<b>Minimum– Maximum Calories (kcal)</b> -Weekly average	550 -650	600 – 700	750 - 850
<b>Saturated Fat (% of total calories)</b> -Weekly average	<10%	<10%	<10%
<b>Sodium**</b> -Weekly average	≤1230 mg*	≤1360 mg*	≤1420 mg*
<b>Trans Fat</b>	0 grams / serving	0 grams / serving	0 grams / serving

\*Effective School Year 2014-15

\*\*Increasingly restrictive targets in School Year 2017-18 and School Year 2022-23

## School Breakfast Meal Pattern – 7 day Week

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
<b>Milk</b>	7 cups/week (1 cup daily)	7 cups/week (1 cup daily)	7 cups/week (1 cup daily)
<b>Meat or Meat Alternates</b> None required but may substitute 1 oz equivalent of meat /meat alternate for 1 oz equivalent grains after minimum daily grain is met			
<b>Vegetables</b> May be substituted for fruits, but the first 2 cups/week must be from a subgroup other than starchy (dark green, red/orange, legumes, other)			
<b>Fruits</b>	7 cups/week* (1 cup daily minimum)	7 cups/week* (1 cup daily minimum)	7 cups/week* (1 cup daily minimum)
<b>Grains / Breads</b> -minimum - maximum -At least half whole grain beginning School Year 2013-14 -All whole grain beginning School Year 2014-2015	10-14 oz equivalent/week (1 oz daily minimum)	11-14 oz equivalent/week (1 oz daily minimum)	12.5-14 oz equivalent/week (1 oz daily minimum)
<b>Minimum – Maximum Calories (kcal)</b> Weekly average	350 – 500	400 – 550	450 - 600
<b>Saturated Fat (% of total calories)</b> Weekly average	<10%	<10%	<10%
<b>Sodium**</b> Weekly average	≤ 540 mg*	≤ 600 mg*	≤ 640 mg*
<b>Trans Fat</b>	0 grams/serving	0 grams/serving	0 grams/serving

## National School Lunch Meal Pattern

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
<b>Milk</b>	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
<b>Meat or Meat Alternates</b> -Daily/ Weekly Minimum - Maximum**	8 - 10 oz equivalent/week (1 oz daily minimum)	9 - 10 oz equivalent/week (1 oz daily minimum)	10 - 12 oz equivalent/week (2 oz daily minimum)
<b>Vegetables (total)</b> -Daily/ Weekly Minimum	3¾ cups/week (¾ cup daily minimum)	3¾ cups/week (¾ cup daily minimum)	5 cups/week (1 cup daily minimum)
<i>Dark Green Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Red / Orange Subgroup</i>	¾ cup/wk	¾ cup/wk	1¼ cup/wk
<i>Legumes Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Starchy Subgroup</i>	½ cup/wk	½ cup/wk	½ cup/wk
<i>Other Subgroup</i>	½ cup/wk	½ cup/wk	¾ cup/wk
<b>Fruits</b> -Daily/ Weekly Minimum	2½ cups/week (½ cup daily minimum)	2½ cups/week (½ cup daily minimum)	5 cups/week (1 cup daily minimum)
<b>Grains / Breads</b> -Weekly minimum- maximum** -Half of all grains must be whole-grain rich***	8-9 oz equivalent/week (1 oz daily minimum)	8-10 oz equivalent/week (1 oz daily minimum)	10-12 oz equivalent/week (2 oz daily minimum)
<b>Minimum – Maximum Calories (kcal)</b> -Weekly average	550 – 650	600 – 700	750 - 850
<b>Saturated Fat</b> (% of total calories) -Weekly average	<10%	<10%	<10%
<b>Sodium*</b> -Weekly average	≤1230 mg*	≤1360 mg*	≤1420 mg*
<b>Trans Fat</b>	0 grams / serving	0 grams / serving	0 grams / serving

\*Sodium targets decrease in SY 24-25

\*\*Staying within the maximums helps with dietary specifications, but are not required.

\*\*\*Child Nutrition Services encourages 80% or more of all grains be whole-grain rich.

## School Breakfast Meal Pattern

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
<b>Milk</b>	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)
<b>Meat or Meat Alternates</b> None required but may substitute 1 oz equivalent of meat /meat alternate for 1 oz equivalent grains after minimum daily grain is met.			
<b>Vegetables</b> May be substituted for fruits.			
<b>Fruits</b>	5 cups/week* (1 cup daily minimum)	5 cups/week* (1 cup daily minimum)	5 cups/week* (1 cup daily minimum)
<b>Grains / Breads</b> -Daily/ Weekly Minimum - Maximum -Half of all grains must be whole-grain rich	7 -10 oz equivalent/week (1 oz daily minimum)	8 - 10 oz equivalent/week (1 oz daily minimum)	9 - 10 oz equivalent/week (1 oz daily minimum)
<b>Minimum – Maximum Calories (kcal)</b> Weekly average	350 – 500	400 – 550	450 - 600
<b>Saturated Fat</b> (% of total calories) Weekly average	<10%	<10%	<10%
<b>Sodium**</b> Weekly average	≤ 540 mg*	≤ 600 mg*	≤ 640 mg*
<b>Trans Fat</b>	0 grams/serving	0 grams/serving	0 grams/serving

\*Sodium targets decrease in SY 24-25

\*\*Staying within the maximums helps with dietary specifications, but are not required.

\*\*\*Child Nutrition Services encourages 80% or more of all grains be whole-grain rich.

# Milk



## Breakfast

All Grades: 5 cups/week  
(1 cup daily)

## Lunch

All Grades: 5 cups/week  
(1 cup daily)

Must offer a variety (two or more choices)

Fluid milk must be:

- ◆ Low-fat (1% milk fat or less, unflavored or flavored)
- ◆ Fat-free (unflavored or flavored)
- ◆ Lactose-reduced or Lactose-free (1% or fat-free)


# Meat or Meat Alternate

## Breakfast

None required but may substitute 1 oz equivalent of meat/meat alternate for 1 oz equivalent grains after minimum daily grain is met

## Lunch

Grades K–5: 8–10 oz equivalent/week (1 oz)  
Grades 6–8: 9–10 oz equivalent/week (1 oz)  
Grades 9–12: 10–12 oz equivalent/week (2 oz)

- 
- ◆ Lean Meat, Poultry or Fish
  - ◆ Dried/Semi-dried shelf-stable meat/poultry
  - ◆ Seafood - Tempeh, Surimi
  - ◆ Alternate Protein Products
  - ◆ Cheese
  - ◆ Eggs
  - ◆ Beans or Legumes \*
  - ◆ Peanut and Other Nut or Seed Butters
  - ◆ Yogurt

See USDA Food Buying Guide for details

\* Legumes/beans may be used as a meat/meat alternate OR as a vegetable

# Grains / Breads

## Breakfast

Grades K-5: 7oz min. equivalent/week (1 oz)  
Grades 6-8: 8 oz min. equivalent/week (1 oz)  
Grades 9-12: 9 oz min. equivalent/week (1 oz)

## Lunch

Grades K-5: 8 oz min. equivalent/week (1 oz)  
Grades 6-8: 8 oz min. equivalent/week (1 oz)  
Grades 9-12: 10 oz min. equivalent/week (2 oz)

## Grains Creditability and Whole grain rich determination:

### Does the product contain only Creditable Grains?

- ◆ Non creditable grains include: oat fiber, corn fiber, wheat starch, corn starch, bran, germ and modified food starch (including potato, legume and other vegetable flours)
- ◆ Grains in amounts < .25 oz equivalent (3.99 grams for items in groups A-G or 6.99 grams in group H) or <2% of the product formula do not need to be considered
- ◆ Non creditable grains in 100% Whole grain RTE Cereal may not exceed 6.99 grams

Yes

### Are all grains in the product Whole Grain or Enriched?

- ◆ Grains in amounts < .25 oz equivalent (3.99 grams for items in groups A-G or 6.99 grams in group H) or <2% of the product formula do not need to be considered
- ◆ RTE cereal must be fortified, per FDA requirements

Yes

### Is the product Whole Grain Rich?

- ◆ Grain content is  $\geq 50\%$  whole grain by weight
- ◆ Contains  $\geq 8$  grams of whole grain per oz equivalent serving (Groups A-G on Exhibit A)
- ◆ Product has the FDA whole grain health claim "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol, may help reduce the risk of heart disease and certain cancers"

Yes

**Creditable & Whole Grain Rich\***

No

No

**Non Creditable**

No

**Creditable — Not Whole Grain Rich\***

\* At least 1/2 of all grains must be whole grain rich.

# EXHIBIT A: SCHOOL LUNCH AND BREAKFAST

## WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS <sup>1, 2</sup>

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> <li>▪ Bread type coating</li> <li>▪ Bread sticks (hard)</li> <li>▪ Chow Mein noodles</li> <li>▪ Savory Crackers (saltines and snack crackers)</li> <li>▪ Croutons</li> <li>▪ Pretzels (hard)</li> <li>▪ Stuffing (dry) Note: weights apply to bread in stuffing.</li> </ul>	<p>1 oz eq = 22 gm or 0.8 oz            3/4 oz eq = 17 gm or 0.6 oz            1/2 oz eq = 11 gm or 0.4 oz            1/4 oz eq = 6 gm or 0.2 oz</p>
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> <li>▪ Bagels</li> <li>▪ Batter type coating</li> <li>▪ Biscuits</li> <li>▪ Breads (sliced whole wheat, French, Italian)</li> <li>▪ Buns (hamburger and hot dog)</li> <li>▪ Sweet Crackers <sup>4</sup> (graham crackers - all shapes, animal crackers)</li> <li>▪ Egg roll skins</li> <li>▪ English muffins</li> <li>▪ Pita bread (whole wheat or whole grain-rich)</li> <li>▪ Pizza crust</li> <li>▪ Pretzels (soft)</li> <li>▪ Rolls (whole wheat or whole grain-rich)</li> <li>▪ Tortillas (whole wheat or whole corn)</li> <li>▪ Tortilla chips (whole wheat or whole corn)</li> <li>▪ Taco shells (whole wheat or whole corn)</li> </ul>	<p>1 oz eq = 28 gm or 1.0 oz            3/4 oz eq = 21 gm or 0.75 oz            1/2 oz eq = 14 gm or 0.5 oz            1/4 oz eq = 7 gm or 0.25 oz</p>
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> <li>▪ Cookies <sup>3</sup> (plain - includes vanilla wafers)</li> <li>▪ Cornbread</li> <li>▪ Corn muffins</li> <li>▪ Croissants</li> <li>▪ Pancakes</li> <li>▪ Pie crust (dessert pies <sup>3</sup>, cobbler <sup>3</sup>, fruit turnovers <sup>4</sup>, and meat/meat alternate pies)</li> <li>▪ Waffles</li> </ul>	<p>1 oz eq = 34 gm or 1.2 oz            3/4 oz eq = 26 gm or 0.9 oz            1/2 oz eq = 17 gm or 0.6 oz            1/4 oz eq = 9 gm or 0.3 oz</p>

<sup>1</sup> The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

<sup>2</sup> Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>3</sup> Allowed only as dessert at lunch as specified in §210.10.

<sup>4</sup> Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

GROUP D	OZ EQ FOR GROUP D
<ul style="list-style-type: none"> <li>▪ Doughnuts <sup>4</sup> (cake and yeast raised, unfrosted)</li> <li>▪ Cereal bars, breakfast bars, granola bars <sup>4</sup> (plain)</li> <li>▪ Muffins (all, except corn)</li> <li>▪ Sweet roll <sup>4</sup> (unfrosted)</li> <li>▪ Toaster pastry <sup>4</sup> (unfrosted)</li> </ul>	<p>1 oz eq = 55 gm or 2.0 oz  3/4 oz eq = 42 gm or 1.5 oz  1/2 oz eq = 28 gm or 1.0 oz  1/4 oz eq = 14 gm or 0.5 oz</p>
GROUP E	OZ EQ FOR GROUP E
<ul style="list-style-type: none"> <li>▪ Cereal bars, breakfast bars, granola bars <sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces)</li> <li>▪ Cookies <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>▪ Doughnuts <sup>4</sup> (cake and yeast raised, frosted or glazed)</li> <li>▪ French toast</li> <li>▪ Sweet rolls <sup>4</sup> (frosted)</li> <li>▪ Toaster pastry <sup>4</sup> (frosted)</li> </ul>	<p>1 oz eq = 69 gm or 2.4 oz  3/4 oz eq = 52 gm or 1.8 oz  1/2 oz eq = 35 gm or 1.2 oz  1/4 oz eq = 18 gm or 0.6 oz</p>
GROUP F	OZ EQ FOR GROUP F
<ul style="list-style-type: none"> <li>▪ Cake <sup>3</sup> (plain, unfrosted)</li> <li>▪ Coffee cake <sup>4</sup></li> </ul>	<p>1 oz eq = 82 gm or 2.9 oz  3/4 oz eq = 62 gm or 2.2 oz  1/2 oz eq = 41 gm or 1.5 oz  1/4 oz eq = 21 gm or 0.7 oz</p>
GROUP G	OZ EQ FOR GROUP G
<ul style="list-style-type: none"> <li>▪ Brownies <sup>3</sup> (plain)</li> <li>▪ Cake <sup>3</sup> (all varieties, frosted)</li> </ul>	<p>1 oz eq = 125 gm or 4.4 oz  3/4 oz eq = 94 gm or 3.3 oz  1/2 oz eq = 63 gm or 2.2 oz  1/4 oz eq = 32 gm or 1.1 oz</p>
GROUP H	OZ EQ FOR GROUP H
<ul style="list-style-type: none"> <li>▪ Cereal Grains (barley, quinoa, etc)</li> <li>▪ Breakfast cereals (cooked) <sup>5, 6</sup></li> <li>▪ Bulgur or cracked wheat</li> <li>▪ Macaroni (all shapes)</li> <li>▪ Noodles (all varieties)</li> <li>▪ Pasta (all shapes)</li> <li>▪ Ravioli (noodle only)</li> <li>▪ Rice (enriched white or brown)</li> </ul>	<p>1 oz eq = 1/2 cup cooked or  1 ounce (28 g) dry</p>
GROUP I	OZ EQ FOR GROUP I
<ul style="list-style-type: none"> <li>▪ Ready to eat breakfast cereal (cold, dry) <sup>5, 6</sup></li> </ul>	<p>1 oz eq = 1 cup or 1 ounce for flakes and rounds  1 oz eq = 1.25 cups or 1 ounce for puffed cereal  1 oz eq = 1/4 cup or 1 ounce for granola</p>

<sup>5</sup> Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

<sup>6</sup> Cereals must be whole-grain, or whole grain and enriched or fortified cereal.



# Exhibit A Ranges

## Group A

2 oz eq = 44-49 gm  
1¾ oz eq = 39-43 gm  
1½ oz eq = 33-38 gm  
1¼ oz eq = 28-32 gm  
1 oz eq = 22-27 gm  
¾ oz eq = 17-21 gm  
½ oz eq = 11-16 gm  
¼ oz eq = 6-10 gm  
Don't count ≤ 5 gm

## Group B

3 oz eq = 84-90 gm  
2¾ oz eq = 77-83 gm  
2½ oz eq = 70-76 gm  
2¼ oz eq = 63-69 gm  
2 oz eq = 56-62 gm  
1¾ oz eq = 49-55 gm  
1½ oz eq = 42-48 gm  
1¼ oz eq = 35-41 gm  
1 oz eq = 28-34 gm  
¾ oz eq = 21-27 gm  
½ oz eq = 14-20 gm  
¼ oz eq = 7-13 gm  
Don't count ≤ 6 gm

## Group C

3 oz eq = 102-111 gm  
2¾ oz eq = 94-101 gm  
2½ oz eq = 85-93 gm  
2¼ oz eq = 77-84 gm  
2 oz eq = 68-76 gm  
1¾ oz eq = 60-67 gm  
1½ oz eq = 51-59 gm  
1¼ oz eq = 43-50 gm  
1 oz eq = 34-42 gm  
¾ oz eq = 26-33 gm  
½ oz eq = 17-25 gm  
¼ oz eq = 9-16 gm  
Don't count ≤ 8 gm

## Group D

2 oz eq = 110-123 gm  
1¾ oz eq = 97-109 gm  
1½ oz eq = 83-96 gm  
1¼ oz eq = 69-82 gm  
1 oz eq = 55-68 gm  
¾ oz eq = 42-54 gm  
½ oz eq = 28-41 gm  
¼ oz eq = 14-27 gm  
Don't count ≤ 13 gm

## Group E

2 oz eq = 138-155 gm  
1¾ oz eq = 121-137 gm  
1½ oz eq = 104-120 gm  
1¼ oz eq = 87-103 gm  
1 oz eq = 69-86 gm  
¾ oz eq = 52-68 gm  
½ oz eq = 35-51 gm  
¼ oz eq = 18-34 gm  
Don't count ≤ 17 gm

## Group F

1 oz eq = 82-102 gm  
¾ oz eq = 62-81 gm  
½ oz eq = 41-61 gm  
¼ oz eq = 21-40 gm  
Don't count ≤ 20 gm

## Group G

1 oz eq = 125-156 gm  
¾ oz eq = 94-124 gm  
½ oz eq = 63-93 gm  
¼ oz eq = 32-62 gm  
Don't count ≤ 31 gm

# Measurement References

## Volume Equivalents

1 Tbsp =	3 tsp	= 0.5 fl oz
1/8 cup =	2 Tbsp	= 1 fl oz
1/4 cup =	4 Tbsp	= 2 fl oz
1/3 cup =	5 Tbsp + 1 tsp	= 2.65 fl oz
3/8 cup =	6 Tbsp	= 3 fl oz
1/2 cup =	8 Tbsp	= 4 fl oz
5/8 cup =	10 Tbsp	= 5 fl oz
2/3 cup =	10 Tbsp + 2 tsp	= 5.3 fl oz
3/4 cup =	12 Tbsp	= 6 fl oz
7/8 cup =	14 Tbsp	= 7 fl oz
1 cup =	16 Tbsp	= 8 fl oz
1 pint =	2 cups	= 16 fl oz
1 quart =	2 pints	= 32 fl oz
1 gallon =	4 quarts	= 128 fl oz

## Equivalent Weights

16 oz =	1 lb	= 1.000 lb
12 oz =	3/4 lb	= 0.750 lb
8 oz =	1/2 lb	= 0.500 lb
4 oz =	1/4 lb	= 0.250 lb
1 oz =	1/16 lb	= 0.063 lb

## Scoop Sizes

6 =	3/8 cup
8 =	1/2 cup
10 =	3/4 cup
12 =	1/3 cup
16 =	1/4 cup

## Metric Conversion

To Change	To	Multiply By
Ounces (oz)	Grams (g)	28.35
Pounds (lb)	Kilograms (kg)	0.45
Fluid ounces	Milliliters (ml)	29.58
Cups (c)	Liters (l)	0.24

## Metric Equivalents

### by Weight

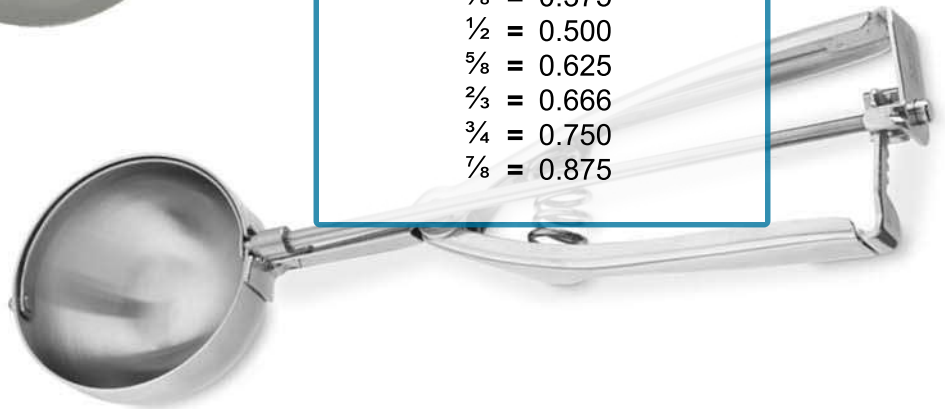
1 oz =	28.35 gm
4 oz =	113.4 gm
8 oz =	226.8 gm
16 oz =	453.6 gm
1 lb =	453.6 gm
2.2 lb =	1 kg

### by Volume

8 fluid oz =	236.59 mL
32 fluid oz =	946.36 mL
48 fluid oz =	1.42 L
33.818 fluid oz =	1 L

## Fraction to Decimal Equivalents

1/8 =	0.125
1/4 =	0.250
1/3 =	0.333
3/8 =	0.375
1/2 =	0.500
5/8 =	0.625
2/3 =	0.666
3/4 =	0.750
7/8 =	0.875



# Vegetables

## Breakfast

Not required BUT may be substituted for fruits.

## Lunch

Grades K–5: 3¾ cups/week (¾ cup)  
Grades 6–8: 3¾ cups/week (¾ cup)  
Grades 9–12: 5 cups/week (1 cup)

Minimum creditable serving: ⅛ cup  
1 cup leafy green = ½ cup serving  
All juice must be 100% full strength

No more than half of fruit or vegetable offerings may be in the form of juice

## Subgroup

### Dark Green

- ◆ Bok Choy
- ◆ Broccoli
- ◆ Chard
- ◆ Collard Greens
- ◆ Dark Green Leaf Lettuce
- ◆ Kale
- ◆ Mesclun
- ◆ Mustard Greens
- ◆ Romaine Lettuce
- ◆ Spinach
- ◆ Turnip Greens
- ◆ Watercress

#### Breakfast

Not required

#### Lunch

Grades K–5: ½ cup/week  
Grades 6–8: ½ cup/week  
Grades 9–12: ½ cup/week  
Larger amounts may be served

### Red / Orange

- ◆ Acorn Squash
- ◆ Butternut Squash
- ◆ Carrots
- ◆ Hubbard Squash
- ◆ Pumpkin
- ◆ Red Peppers
- ◆ Sweet Potatoes
- ◆ Tomatoes
- ◆ Tomato Juice

#### Breakfast

Not required

#### Lunch

Grades K–5: ¾ cup/week  
Grades 6–8: ¾ cup/week  
Grades 9–12: 1¼ cups/week  
Larger amounts may be served

### Legumes

- ◆ Black Beans
- ◆ Black-eyed Peas (mature)
- ◆ Edamame
- ◆ Garbanzo Beans (chickpeas)
- ◆ Kidney Beans
- ◆ Lentils
- ◆ Navy Beans
- ◆ Pinto Beans
- ◆ Soy Beans
- ◆ Split Peas
- ◆ White Beans

#### Breakfast

Not required

#### Lunch

Grades K–5: ½ cup/week  
Grades 6–8: ½ cup/week  
Grades 9–12: ½ cup/week  
Larger amounts may be served

## Subgroup

### Starchy

- ◆ Cassava
- ◆ Corn
- ◆ Black-eyed peas (not dry)
- ◆ Green Bananas
- ◆ Green Peas
- ◆ Green Lima Beans
- ◆ Jicama
- ◆ Hominy (Whole)
- ◆ Plantains
- ◆ Potatoes
- ◆ Taro
- ◆ Water Chestnuts

#### Breakfast

Not required

#### Lunch

Grades K–5: ½ cup/week  
Grades 6–8: ½ cup/week  
Grades 9–12: ½ cup/week

Larger amounts may be served

### Other

- ◆ Artichokes
- ◆ Asparagus
- ◆ Avocado
- ◆ Bean Sprouts
- ◆ Beets
- ◆ Brussels Sprouts
- ◆ Cabbage
- ◆ Cauliflower
- ◆ Celery
- ◆ Cucumbers
- ◆ Eggplant
- ◆ Green Beans
- ◆ Green Bell Peppers
- ◆ Iceberg (Head) Lettuce
- ◆ Mushrooms
- ◆ Okra
- ◆ Onions
- ◆ Parsnips
- ◆ Turnips
- ◆ Wax Beans
- ◆ Zucchini

#### Breakfast

Not required

#### Lunch

Grades K–5: ½ cup/week  
Grades 6–8: ½ cup/week  
Grades 9–12: ¾ cup/week

Larger amounts may be served

This sub group may be met with items from the dark green, red-orange or beans/peas sub groups

# Fruits

## Breakfast

Grades K–5: 5 cups/week (1 cup)

Grades 6–8: 5 cups/week (1 cup)

Grades 9–12: 5 cups/week (1 cup)

## Lunch

Grades K–5: 2½ cups/week (½ cup)

Grades 6–8: 2½ cups/week (½ cup)

Grades 9–12: 5 cups/week (1 cup)

Minimum creditable serving: ⅛ cup

¼ cup dried fruit = ½ cup fruit serving

All juice must be 100% full strength

No more than half of fruit or vegetable offerings may be in the form of juice

- 
- 
- 
- ◆ Apples or Applesauce
  - ◆ Apricots
  - ◆ Bananas
  - ◆ Blackberries
  - ◆ Blueberries
  - ◆ Cantaloupe
  - ◆ Coconut
  - ◆ Cherries
  - ◆ Grapes
  - ◆ Grapefruit
  - ◆ Honeydew Melon
  - ◆ Kiwi
  - ◆ Mandarin Oranges
  - ◆ Mango
  - ◆ Melons
  - ◆ Nectarines
  - ◆ Oranges
  - ◆ Peaches
  - ◆ Pears
  - ◆ Pineapple
  - ◆ Plums
  - ◆ Pluots
  - ◆ Raspberries
  - ◆ Satsumas
  - ◆ Strawberries
  - ◆ Tangerines
  - ◆ Watermelon

# Menu Planning Principles

## Balance

- ◆ Balance higher fat foods with ones that have less fat
- ◆ Balance higher sodium foods with lower sodium foods

## Variety

- ◆ Use a combination of mild and strong flavors
- ◆ Use a variety of shapes and sizes
- ◆ Include variety in day to day menu choices
- ◆ Vary the types of main courses
- ◆ Include food in different forms and prepare them in a variety of ways

## Contrast

- ◆ Think about the texture of foods as well as taste and appearance
- ◆ Use a variety of textures (soft/crispy/smooth/firm/chewy)
- ◆ Use a combination of sizes and shapes of foods

## Color

- ◆ Avoid using too many foods of the same color in the same meal
- ◆ Use colorful foods in combination dishes

## Eye Appeal

- ◆ Think about total presentation
- ◆ Make the serving line attractive
- ◆ Plan the way you will place the menu items on the tray or plate

## Offer Choices

- ◆ Plan some choices for individual taste preferences

- Balance
- Variety
- Contrast
- Color
- Eye Appeal
- Offer Choices

## Evaluating your MENU



**MENU**

### Foods Selected

- Do the foods have appealing colors and textures?
- Does the menu have foods with different shapes, sizes, and colors?
- Do the breakfast and lunch menus complement each other?
- Have you considered special events and promotions?
- Have you incorporated seasonal foods and USDA Foods?
- Have you introduced any new food items?

### Staffing/Equipment

- Can some preparations be done ahead?
- Is the workload balanced among employees?
- Can you prepare and serve meals with available equipment?
- Are the oven and surface-cooking areas adequate for items planned?

### Cost

- Have you considered cost?
- Are high and low cost foods balanced?

### Recipes/Production Records

- Have you specified standardized recipes and preparation techniques?
- Are portion sizes stated in correct amounts?
- Have you listed the condiments to be served?
- Have you determined meal pattern contribution?



A Partner in Education

# School Meal Best Practices

## Selecting Low Added-Sugar Foods

School breakfasts served through the School Breakfast Program align with the Dietary Guidelines for Americans - they are rich in whole grains, high quality protein, and a variety of vitamins and minerals children need to grow and be healthy. School breakfast participation is associated with healthier body weight<sup>1,2,3,4</sup> and higher standardized test scores<sup>5</sup>. To further enhance the nutritional benefits of school breakfast, offer foods that are lower in added sugars!

### What is added sugar?

Added sugars are sugars and sweeteners added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those in milk and fruits.

### How much added sugar is too much?

The Dietary Guidelines for Americans recommends "Healthy Eating patterns limit added sugars to **less than 10% of calories per day.**" Currently, children aged 9-18 get almost 18% of their daily calories from added sugar.

This added sugar primarily comes from sweetened beverages. Beverages account for almost half (47%) of all added sugars consumed by the U.S. population. The other major sources of added sugars are snacks and sweets.

### Best Practices:

- Limit offerings of grain-based desserts (sweet rolls, pastries, breakfast cookies/bars, etc.) at breakfast to once per week.
- Serve breakfast cereals that contain 6 grams or less sugar per dry ounce.
- Serve yogurts that contain 15 grams or less sugar per 4 oz (113g).

### Convenient, low-sugar foods:

*Healthy and easy to serve alternatives to high added sugar breakfast foods.*

- Fresh Fruit and Vegetables
- Low sugar Cereal
- Low sugar Yogurts
- Protein-rich breakfast sandwiches
- Whole Grain-Rich Bagels



### Foods to Limit:

*While quick to prepare and easy to serve, these food often have high amounts of added sugars.*

- Pastries and donuts
- Cookies and Cakes
- Syrups
- Granola/breakfast bars

### Tip

Fresh and local foods often contain less added sugar than their processed counterparts. Some schools bake their own muffins or breads! This is a great way to serve delicious foods while keeping added sugars to a minimum.

## School Meal Best Practices

# Best Practices for Unpaid Meal Debt

### New Rules regarding Unpaid Meals

Following the 2019 legislative session, OSPI Child Nutrition Services clarified two key points regarding unpaid meals.

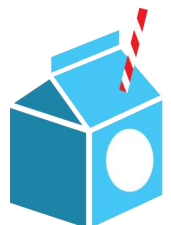
- 1) Parents/guardians have the first and final say in how much school meal debt a student can accrue. Districts should respect a parents wish to not allow meal charging.
- 2) The Hunger-Free Students Bill of Rights only applies to reimbursable meals (not a la carte or second meals).

### Best Practices:

- **Identify Eligible Children** - Running Direct Certification often (at least monthly, per law) is key to ensuring that eligible students are identified.
- **Utilize CEP or Provision 2 if possible** - Because all students eat at no cost under these claiming options, meal debt is essentially eliminated.
- **Provide Application Assistance** - Offer assistance to potentially eligible families who may struggle to complete the application independently.
- **Establish Charge Limits with Parents** - Work with parents to establish charge limits for students who are not eligible for Free or Reduced-Price meals.

### Remember:

Districts must have a clearly written meal charge policy.



Resources: [OSPI Local Meal Charge Policy Reference Sheet](#) & [OSPI Alternate Meals Reference Sheet](#)

