

<b>2012 Lunch Meal Pattern</b>				
	<b>Grades K-5</b>	<b>Grades K-8</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
<b>Meal Pattern</b>	<b>Amount of Food<sup>a</sup> Per Week (Minimum Per Day)</b>			
Fruits (cups) <sup>b</sup>	2½ (½)	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) <sup>b</sup>	3¾ (¾)	3¾ (¾)	3¾ (¾)	5 (1)
Dark Green <sup>c</sup>	½	½	½	½
Red/Orange <sup>c</sup>	¾	¾	¾	1¼
Beans and Peas (legumes) <sup>c</sup>	½	½	½	½
Starchy <sup>c</sup>	½	½	½	½
Other <sup>c,d</sup>	½	½	½	¾
Additional Veg to Reach Total <sup>e</sup>	1 <sup>e</sup>	1 <sup>e</sup>	1 <sup>e</sup>	1½ <sup>e</sup>
Grains (oz eq) <sup>f</sup>	8-9 (1)	8-9 (1)	8-10 (1)	10-12(1)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (Cups) <sup>g</sup>	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 (kcal) <sup>h</sup>	550-650	600-650	600-700	750-850
Saturated fat (% of calories) <sup>h</sup>	< 10	< 10	< 10	< 10
Sodium (mg) <sup>h,i</sup>	≤ 640	≤ 640	≤ 710	≤ 740
<u>Trans</u> fat <sup>h</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.			

## 2012 Lunch Meal Pattern

a Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is  $\frac{1}{8}$  cup.

b One quarter-cup of dried fruit counts as  $\frac{1}{2}$  cup of fruit; 1 cup of leafy greens counts as  $\frac{1}{2}$  cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

c Larger amounts of these vegetables may be served.

d This category consists of "Other vegetables" as defined in §210.10(c)(2)(iii)(E) . For the purposes of the NSLP, the "Other vegetables" requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in §210.10(c)(2)(iii).

e Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

f Beginning July 1, 2012 (SY 2012-2013), at least half of grains offered must be whole grain-rich. Beginning July 1, 2014 (SY 2014-15), all grains must be whole grain-rich.

g Beginning July 1, 2012 (SY 2012-2013), all fluid milk must be low-fat (1 percent or less, unflavored) or fat-free (unflavored or flavored).

h Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium. Foods of minimal nutritional value and fluid milk with fat content greater than 1 percent are not allowed.

i Final sodium targets must be met no later than July 1, 2022 (SY 2022-2023). The first intermediate target must be met no later than SY 2014-2015 and the second intermediate target must be met no later than SY 2017-2018. See required intermediate specifications in § 210.10(f)(3).

