

Lunch Calorie and Nutrient Standards for Grade Levels

Traditional Food Based Menu Planning Options

Calories and Nutrient Levels for School Lunch (school week averages)				
Nutrients and energy allowances	Pre-school	Grades K-3	Grades 4-12	Option Grades 7-12
Energy Allowances (calories)	517	633	785	825
Total Fat (g) ³	17 ¹	21 ¹	26 ¹	28 ¹
Total Saturated Fat (g) ³	6 ²	7 ²	9 ²	9 ²
Protein (g)	7	9	15	16
Calcium (mg)	267	267	370	400
Iron (mg)	3.3	3.3	4.2	4.5
Vitamin A (RE)	150	200	285	300
Vitamin C (mg)	14	15	17	18

¹Total fat not to exceed 30 percent over a school week

²Saturated fat to be less than 10 percent over a school week

³The grams of fat will vary depending on the actual level of calories offered

Breakfast Calorie and Nutrient Standards for Grade Levels

Traditional and Enhanced Food Based Menu Planning Options

Calories and Nutrient Levels for School Breakfast (school week averages)			
Nutrients and energy allowances	Pre-school	Grades K-12	Option Grades 7-12
Energy Allowances (calories)	388	554	618
Total Fat (g) ³	13 ¹	18 ¹	21 ¹
Total Saturated Fat (g) ³	4 ²	6 ²	7 ²
Protein (g)	5	10	12
Calcium (mg)	200	257	300
Iron (mg)	2.5	3.0	3.4
Vitamin A (RE)	113	197	225
Vitamin C (mg)	11	13	14

¹Total fat not to exceed 30 percent over a school week

²Saturated fat to be less than 10 percent over a school week

³The grams of fat will vary depending on actual level of calories offered

Traditional Meal Pattern For Lunch

Meal Components	Minimum quantities required				Recommend
	Ages 1-2	Ages 3-4	Grades K-3 or ages 5-8	Grades 4-12 or ages 9 & over	
Milk (as a beverage) <ul style="list-style-type: none"> • unflavored lowfat • whole, flavored, or unflavored 	¾ cup or 6 fl. oz.	¾ cup or 6 fl. oz.	½ pint or 8 fl. oz.	½ pint or 8 fl. oz.	Optional for Grades 7-12 or ages 12 & over
Meat or meat alternate (quantity of the edible portion as served):					
Lean meat, poultry or fish	1 oz.	1.5 oz.	1.5 oz.	2 oz.	3 oz.
Cheese	1 oz.	1.5 oz.	1.5 oz.	2 oz.	3 oz.
Large egg	1/2	3/4	3/4	1	1 1/2
Cooked dry beans or peas	¼ 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.
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 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry or fish).	1/2 oz. = 50%	¾ oz. = 50%	3/4 oz = 50%	1 oz. = 50%	1 1/2oz. = 50%
Vegetables/Fruits (2 or more servings of vegetables or fruits or both).	1/2 cup	1/2 cup	½ cup	3/4 cup	3/4 cup
Grains/Breads (must be enriched or whole grain) A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or one-half cup of cooked rice, macaroni, noodles, other pasta products, or cereal grains.	5 servings per week Minimum of ½ per day.	8 servings per week Minimum of 1 per day.	8 servings per week Minimum of 1 per day.	8 servings per week Minimum of 1 per day.	10 servings per week Minimum of 1 per day.

Grades 4-12 is shaded because it is the one meal pattern which can be used for all grade groups.

Grades 7-12 specifies recommended, not required, quantities for students 12 years or older. Students may request smaller portions but not smaller than those specified for the grades 4-12 group.

Calorie and Nutrient Standards for Grade Levels

Calories and Nutrient Levels for School Breakfast (For Traditional and Enhanced Food Based Menu Planning Options) (school week averages)			
Nutrients and energy allowances	Pre-school	Grades K-12	Option Grades 7-12
Energy Allowances (calories)	388	554	618
Total Fat (g) ³	13 ¹	18 ¹	21 ¹
Total Saturated Fat (g) ³	4 ²	6 ²	7 ²
Protein (g)	5	10	12
Calcium (mg)	200	257	300
Iron (mg)	2.5	3.0	3.4
Vitamin A (RE)	113	197	225
Vitamin C (mg)	11	13	14

¹Total fat not to exceed 30 percent over a school week

²Saturated fat to be less than 10 percent over a school week

³The grams of fat will vary depending on actual level of calories offered

Calories and Nutrient Levels for School Lunch (For Enhanced Food Based, NuMenus and Assisted NuMenus) (school week averages)				
Nutrients and energy allowances	Pre-school	Grades K-6	Grades 7-12	Option Grades K-3
Energy Allowances (calories)	517	664	825	633
Total Fat (g) ³	17 ¹	22 ¹	28 ¹	21 ¹
Total Saturated Fat (g) ³	6 ²	7 ²	9 ²	7 ²
Protein (g)	7	10	16	9
Calcium (mg)	267	286	400	267
Iron (mg)	3.3	3.5	4.5	3.3
Vitamin A (RE)	150	224	300	200
Vitamin C (mg)	14	15	18	15

¹Total fat not to exceed 30 percent over a school week

²Saturated fat to be less than 10 percent over a school week

³The grams of fat will vary depending on actual level of calories offer

Traditional Food Based Meal Pattern Breakfast

	Minimum quantities required		
	Ages 1-2	Ages 3-5	Grades K-12
Meal Components			
Milk -one serving as beverage or on cereal or both	½ cup or 4 fl. oz.	¾ cup or 6 fl. oz.	½ pint or 8 fl. oz.
Juice/Fruit/ Vegetable -one serving	¼ cup	½ cup	½ cup
TWO SERVINGS -Two servings of bread or meat or their alternate or one serving of each:			
Grains/Breads			
<ul style="list-style-type: none"> • Bread, whole grain or enriched 	½ slice	½ slice	1 slice
<ul style="list-style-type: none"> • Biscuit, roll, muffin, or equal portion of corn bread, etc. 	½ serving	½ serving	1 serving
<ul style="list-style-type: none"> • Cereal (whole grain, enriched, or fortified) 	¼ cup (1/3 oz.)	1/3 cup (1/2 oz)	¾ cup (3/4 oz)
AND/OR			
MEAT/MEAT ALTERNATE			
<ul style="list-style-type: none"> • Meat, poultry, or fish 	½ oz.	½ oz.	1 oz.
<ul style="list-style-type: none"> • Cheese 	½ oz.	½ oz.	1 oz.
<ul style="list-style-type: none"> • Egg 	½	½	½
<ul style="list-style-type: none"> • Yogurt 	2 oz.	2 oz.	4oz
<ul style="list-style-type: none"> • Peanut Butter 	1 Tbsp.	1Tbsp.	2Tbsp.
<ul style="list-style-type: none"> • Nuts and/or seeds 	½ oz.	½ oz.	1 oz.
<ul style="list-style-type: none"> • Dry beans & peas 	2 Tbsp.	2 Tbsp.	4 Tbsp.

No more that 1 oz. of nuts and/or seeds may be served in any one meal

Grains/Breads Requirement for the Food Based Menu Planning Options for the Child Nutrition Programs

Grains/Breads Requirement - Child Nutrition Programs

The Traditional Meal Pattern and the Enhanced Food Based Meal Pattern for the National School Lunch Program (NSLP), and the School Breakfast Program (SBP) contains a Grains/Breads requirement. This Instruction sets forth the foods that meet the Grains/Breads requirement of meals served in the programs, the criteria to be used to determine crediting, and the suggested equivalent minimum serving size for a wide variety of items that meet the Grains/Breads requirement. This Instruction applies to all Child Nutrition Programs.

However, grain-based desserts may count toward the Grains/Breads only in NSLP using the Enhanced Food-Based Meal Pattern for meal planning.

Criteria for Determining Acceptable Grains/Breads.

The following criteria are to be used as a basis for crediting items to meet the Grains/Breads requirement under the food based menu planning options:

1. All grains/breads must be whole-grain or enriched or made from whole-grain or enriched meal or flour; or if it is a cereal the product must be whole-grain, enriched, or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.
2. The label must indicate that the product is enriched whole-grain; made from enriched or whole grain meal or flour as well as bran and/or germ; or fortified. If it is enriched, the item must meet the Food and Drug Administration's Standards of Identity (21 CFR §136, §137, §139) for enriched bread, macaroni and noodle products, rice, or cornmeal.
3. The item must be provided in quantities specified in the regulations. One quarter (1/4) of a serving is the smallest amount allowable to be credited toward the minimum quantities of grains/breads specified in program regulations.

Criteria for Determining Equivalent Minimum Weight of a Serving

Exhibit A contains the equivalent serving sizes for a wide variety of purchased food items.

In lieu of using the minimum serving sizes in Exhibit A, the contribution of a grains/breads in a recipe may be calculated to determine the number of grains/breads servings the recipe provides. The crediting of a food item as a grains/breads serving is

determined by the total amount of enriched or whole-grain meal and/or flour in the recipe divided by the number of servings the recipe yields. Bran and germ are calculated in the same manner as enriched or whole-grain meal or flour.

For the types of food items listed in Groups A through G of Exhibit A to count as one full serving, an item must contain no less than 14.75 grams (0.52 ounces) of enriched or whole-grain meal and/or flour. For the types of food items listed in Groups H and I of Exhibit A to count as one full serving, the weights and volumes listed therein must be used.

Foods that Qualify as Grains/Breads

Foods that qualify as grains/breads for the Child Nutrition Programs are foods that are enriched or whole-grain or made from enriched or whole-grain meal or flour. Bran and germ are credited the same as enriched or whole-grain meal or flour. Such foods include, but are not limited to:

Breads that are whole-grain or enriched.

Biscuits, bagels, rolls, tortillas, muffins, or crackers made from whole-grain or enriched meal or flour.

Cereal grains (cooked) such as rice, bulgur, oatmeal, corn grits, or wheat or couscous that are whole-grain or enriched.

Ready-to-eat breakfast cereals that are whole-grain, enriched or fortified.

Cereals or bread products that are used as an ingredient in another menu item (such as crispy rice treats, oatmeal cookies, or breading on fish or poultry) when they are whole-grain, enriched or fortified.

Macaroni or noodle products (cooked) made with enriched or whole-grain flour. Enriched macaroni products that have been fortified with protein can be counted to meet either a grains/breads or meat/meat alternate requirement but not as both in the same meal.

Sweet foods such as toaster pastries, coffee cake, doughnuts, sweet rolls, cookies, cakes, or formulated grain-fruit products when made with enriched or whole-grain meal or flour and served, as permitted in Exhibit A. When sweet foods are permitted, no more than one grains/breads serving per day may be a dessert.

Pie crust when made from enriched, or whole-grain meal or flour and served, as permitted in Exhibit A.

Nonsweet snack products such as hard pretzels, hard bread sticks, and chips made from whole-grain, or enriched meal or flour.

GRAINS/BREADS FOR THE CHILD NUTRITION PROGRAMS

Group A	Minimum Serving Size for Group
Breading-Type Coating Bread Sticks - hard Chow Mein Noodles Crackers - saltines and snack crackers Croutons Pretzels - hard Stuffing - dry (weight applies to bread in stuffing)	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz

Group B	Minimum Serving Size for Group
Bagels Batter-Type Coating Biscuits Breads - white, wheat, whole wheat, French, Italian Buns - hamburger and hot dog Crackers - graham (all shapes), animal crackers Egg Roll Skins English Muffins Pita Bread - white, wheat, whole wheat Pizza Crust Pretzels - soft Rolls - white, wheat, whole wheat, potato Tortillas - wheat or corn Tortilla Chips - wheat or corn Taco Shells	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz

Group C	Minimum Serving Size for Group
Cookies - plain ¹ Cornbread Corn Muffins Croissants Pancakes Pie Crust - dessert pies ¹ (when allowed), meat/meat alternate pies and fruit turnovers ² Waffles	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz

Group D	Minimum Serving Size for Group
Doughnuts- cake and yeast raised, unfrosted ¹ Granola Bars -plain ² Muffins-all except corn Sweet Roll- unfrosted ² Toaster Pastry-unfrosted ²	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz

Group E	Minimum Serving Size for Group
Cookies ¹ - with nuts, raisins, chocolate pieces and/or fruit purees Doughnuts ² - cake and yeast raised, frosted or glazed French Toast Grain Fruit Bars ² Granola Bars - with nuts, raisins, chocolate pieces and/or fruit Sweet Rolls ² ; Cinnamon Rolls; Danish-frosted Toaster Pastry ² - frosted	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm of 0.6 oz

Group F	Minimum Serving Size for Group
Cake ¹ - plain, unfrosted Coffee Cake ²	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7

Group G	Minimum Serving Size for Group
Brownies ¹ - plain Cake ¹ - all varieties, frosted	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz

Group H	Minimum Serving Size for Group
Barley Breakfast Cereals – cooked Bulgur or Cracked Wheat Macaroni - all shapes Noodles, - all varieties Pasta - all shapes Ravioli - noodle only Rice - enriched white or brown	1 serving = 1/2 cup cooked or 25 gm (0.9 oz) dry

Group I	Minimum Serving Size for Group
Breakfast Cereal - cold, dry	1 serving = 3/4 cup or 1 oz. whichever is less

¹Allowed for desserts under the enhanced food based menu planning option.

²Allowed for desserts under the enhanced food based menu planning option and for breakfasts.

³Refer to program regulations for appropriate serving size for breakfasts served under the School Breakfast Program.