

School Nutrition Program Lunch Meal Pattern

Nutrition and Wellness Division
Illinois State Board of Education



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Overview of Meal Pattern - Measurements

Ounce Equivalents



Grain
Meat/Meat
Alternate

Cups

Fruit
Vegetables
Milk



Basics at a Glance

Recipe Abbreviations

approx.	= approximate
bsp or t	= tablespoon
cup	= cup
pt	= pint
qt	= quart
gal	= gallon
wt	= weight
oz	= ounce
lb or #	= pound (e.g., 5 lb)
g	= gram
kg	= kilogram
vol	= volume
mL	= milliliter
L	= liter
fl oz	= fluid ounce
No. or #	= number (e.g., #3)
in. or"	= inches (e.g., 12")
°F	= degree Fahrenheit
°C	= degree Celsius or centigrade

Volume Equivalents for Liquids

60 drops	= 1 tsp
1 Tbsp	= 3 tsp
1/8 cup	= 2 Tbsp
1/4 cup	= 4 Tbsp
1/3 cup	= 5 Tbsp + 1 tsp
3/8 cup	= 6 Tbsp
1/2 cup	= 8 Tbsp
5/8 cup	= 10 Tbsp
2/3 cup	= 10 Tbsp + 2 tsp
3/4 cup	= 12 Tbsp
7/8 cup	= 14 Tbsp
1 cup	= 16 Tbsp
1/2 pint	= 1 cup
1 pint	= 2 cups
1 quart	= 2 pt
1 gallon	= 4 qt
	= 128 fl oz

Equivalent Weights

16 oz	= 1 lb
12 oz	= 3/4 lb
8 oz	= 1/2 lb
4 oz	= 1/4 lb
1 oz	= 1/16 lb
	= 0.0625 lb

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

Metric Equivalents by Weight

Customary Unit (avoirdupois)	Metric Unit
Ounces (oz)	Grams (g)
1 oz	= 28.35 g
4 oz	= 113.4 g
8 oz	= 226.9 g
16 oz	= 453.6 g
Pounds (lb)	Grams (g)
1 lb	= 453.6 g
2 lb	= 907.2 g
Pounds (lb)	Kilograms (kg)
2.2 lb	= 1 kg (1000 g)

Metric Equivalents by Volume

Customary Unit (fl oz)	Metric Unit
1 cup (8 fl oz)	= 236.59 mL
1 quart (32 fl oz)	= 946.36 mL
1.5 quarts (48 fl oz)	= 1.42 L
32 fl oz fl oz	= 1.0 L



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Scoops (Dishers)

Level Measure	Color Code
6	2/3 cup
8	1/2 cup
10	3/8 cup
12	1/3 cup
16	1/4 cup
20	3/10 Tbsp
24	2/10 Tbsp
30	2 Tbsp
40	1-2/10 Tbsp
50	3-3/4 Tbsp
60	3-1/4 Tbsp
70	2-3/4 Tbsp
100	2 Tbsp

*Scoops are left or right hand or non-hand that can be used for both hands. Number on the scoop indicates how many level scoops make one cup. For example, cup to 10, 10 scoops = 1 cup.

*Use colored dot marking the level-specific color-coded scoop size.

Ladles

Level Measure	Color Code
1 fl oz	1/8 cup
2 fl oz	1/4 cup
3 fl oz	3/8 cup
4 fl oz	1/2 cup
6 fl oz	3/4 cup
8 fl oz	1 cup
10 fl oz	1-1/2 cups

Ladles and portion servers (measuring spoons) are labeled "oz" or "fl oz" and are more accurate than they measure volume, not weight.

Use ladles for serving soups, stews, creamed dishes, sauces, gravies, and other liquid products.

Use portion servers (ladles or perforated) for portioning solids and semi-solids such as fruits and vegetables, and condiments.

Cooking or Serving Spoons



Spoons vary in length (11", 12", 13", 14", 15") for ease of use in cooking or serving. Spoons can have plastic handles that are heat-resistant. Level scoops, ladles, and portion servers provide more accurate portion control than serving spoons that are not volume-standardized measure.

Specialty Spoons



A thumb notch on a server or spoon handle prevents the spoon from slipping into the pan and prevents heads from sliding into the food. Thumb notch (ladle or perforated) spoons have a flat edge that measures the area where the spoon touches the bottom of the pan when side up.

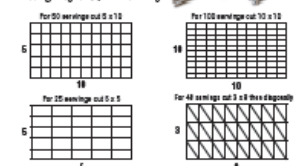
Streamtable Pan Capacity

Pan Size	Approx. Capacity	Serving Size	Ladle (fl oz)	Scoop #	Approx. # Servings
12" x 20" x 2-1/2"	2 gal	1/2 cup	4 oz	8	64
		3/8 cup	3 oz	10	60
		1/3 cup	2.65 oz	12	60
		1/4 cup	2 oz	16	128
12" x 20" x 4"	3-1/2 gal	1/2 cup	4 oz	8	112
		3/8 cup	3 oz	10	105
		1/3 cup	2.65 oz	12	105
		1/4 cup	2 oz	16	224
12" x 20" x 6"	5 gal	1/2 cup	4 oz	8	160
		3/8 cup	3 oz	10	200
		1/3 cup	2.65 oz	12	240
		1/4 cup	2 oz	16	320

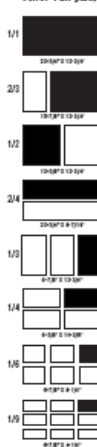
Approximate Dimensions of Serving Sizes from Different Pan Sizes

Pan	Approx. Size	No. and Approx. Size Servings per Pan
Roasting or aluminum sheet or bun	12" x 20" x 2-1/2"	25 2" x 5-1/2"
	12" x 20" x 4"	3-1/4" x 5"
	12" x 20" x 6"	5-1/4" x 5-1/2"
		1-1/4" x 5-1/2"

Cutting Diagrams for Portioning



Other Pan Sizes



Overview of Meal Pattern - Measurements

Scoops (Dishers)



Size/No. ¹	Level Measure	Color Code ²
6	2/3 cup	
8	1/2 cup	
10	3/8 cup	
12	1/3 cup	
16	1/4 cup	
20	3-1/3 Tbsp	
24	2-2/3 Tbsp	
30	2 Tbsp	
40	1-2/3 Tbsp	
50	3-3/4 tsp	
60	3-1/4 tsp	
70	2-3/4 tsp	
100	2 tsp	

Ladles Portion Servers



Ladle fl oz	Approx. Measure	Portion Server fl oz
1 oz	1/8 cup	1 oz
2 oz	1/4 cup	2 oz
3 oz	3/8 cup	3 oz
4 oz	1/2 cup	4 oz
6 oz	3/4 cup	6 oz
8 oz	1 cup	8 oz
12 oz	1-1/2 cups	—

Meal Patterns are Food Based

Lunch is Composed of 5 Meal Components

1. Fruit
2. Vegetable
3. Grain
4. Meats/Meat Alternates
5. Milk



Lunch for K-5, 6-8, or K-8
Minimum amounts to offer DAILY

Fruit	½ cup
Vegetable	¾ cup
Grain	1 oz eq
Meats/Meat Alternates	1 oz eq
Milk	1 cup

Lunch Meal Pattern for K-5 Weekly Offerings

Fruit	2 ½ cup
Vegetable	3 ¾ cup
Grain	8 oz eq
Meats/Meat Alternates	8 oz eq
Milk	5 cup

Lunch Meal Pattern for 6-8 or K-8 Weekly Offerings

Fruit	2 ½ cup
Vegetable	3 ¾ cup
Grain	8 oz eq
Meats/Meat Alternates	9 oz eq
Milk	5 cup

Weekly Offerings for Lunch

In addition to minimum daily requirements, each grade group has weekly minimums for all components.

A variety of vegetables from specific subgroups must be included over the week.



Lunch Meal Pattern for Grades 9-12

Minimum amounts to offer DAILY

Fruit	1 cup
Vegetable	1 cup
Grain	2 oz eq
Meats/Meat Alternates	2 oz eq
Milk	1 cup

Lunch Meal Pattern for 9-12

Weekly Offerings

Fruit	5 cup
Vegetable	5 cup
Grain	10 oz eq
Meats/Meat Alternates	10 oz eq
Milk	5 cup

Dietary Specifications for Lunch- Calories

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

Less than 10% Saturated Fat

Zero added Trans-fats

Gradual reduction in Sodium – first target started SY 2014-15

Vegetables: Variety Required!



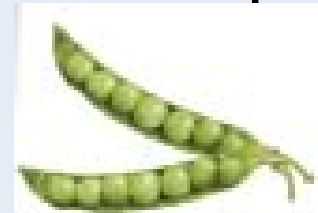
Vegetables

	Grades K-5	Grades 6-8	Grades 9-12
Component	Amount of Food Per Week (Minimum per Day)		
Vegetable	3 $\frac{3}{4}$ cups ($\frac{3}{4}$ cup)	3 $\frac{3}{4}$ cups ($\frac{3}{4}$ cup)	5 cups (1 cup)



Vegetables

- Daily lunch serving reflects variety over week
- Variety of types and preparation methods available
 - Fresh, frozen, and canned products
 - USDA Foods offers a variety of no salt added or lower sodium products
 - Method of preparation does not change the sub-group
- Menus must meet weekly Vegetable Sub-Groups



Vegetable Subgroups

	Grades k-5	Grades 6-8	Grades 9-12
Dark Green	½ cup	½ cup	½ cup
Red/orange	¾ cup	¾ cup	1 ¼ cup
Legumes	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional to reach total	1 cup	1 cup	1 ½ cup

<http://childnutrition.ncpublicschools.gov/front-page/information-resources/menu-planning-production>



Vegetables



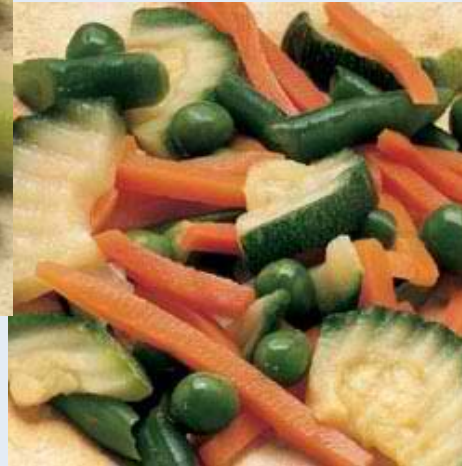
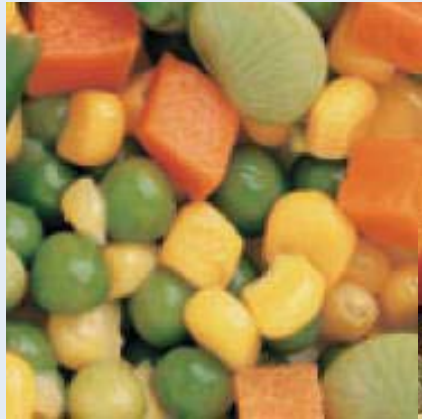
- 1/8 cup is minimum creditable amount
- For uncooked leafy greens,
 - 1 cup credits as 1/2 cup
- Legumes may be credited as vegetable OR meat alternate but one serving not credited as both during the same meal

Vegetables

- No more than half of the vegetable offerings over the week may be in the form of 100% full-strength vegetable juice.
- Vegetable subgroup weekly minimum requirements for each serving line
- No maximum on vegetable servings
- USDA Food Buying Guide has been updated to reflect subgroups



Combination Vegetables



Fruits

	K-5	6-8	9-12
Component	Amount of Food Per Week (Minimum per Day)		
Fruit	2 ½ cups (1/2 cup)	2 ½ cups (1/2 cup)	5 cups (1 cup)



Fruit- Offered daily

- Fresh
- Dried
- Canned in water, juice, or light syrup
- Frozen
- 100% Fruit Juice



Fruit Juice



- No more than half of the fruit component offered for the week may be in the form of juice at lunch.
- All juice must be 100% full-strength without added sweeteners.

Grade K-5 or 6-8	Total Weekly Fruit Offering	Allowable Juice per week
Fruit Component	2 ½ cups	1 ¼ cups

Juice requirements

- Juice limit applies weekly
- May credit for up to half of fruit
- Must be 100% full-strength



Meat/ Meat Alternates

- Daily requirements for lunch
 - 2 oz eq. daily for students in grades 9-12
 - 1 oz eq. daily for younger students



Meat/ Meat Alternates

1 ounce meat equivalent =

2 TBSP

Peanut butter/nut butters

1 oz

Cheese

4 oz

Yogurt/Greek yogurt

 $\frac{1}{2}$

large egg

 $\frac{1}{4} \text{ C}$

Cottage cheese

 $\frac{1}{4} \text{ C}$

Legumes/beans/peas

vegetable)

(may only count as meat alternate or



Fluid Milk Weekly Requirements

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
Milk	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)	5 cups/week (1 cup daily)

- At least two milk choices must be offered daily
- Both choices can be fat-free
- Both choices can be unflavored
- Offer Versus Serve-student does not need to select this component

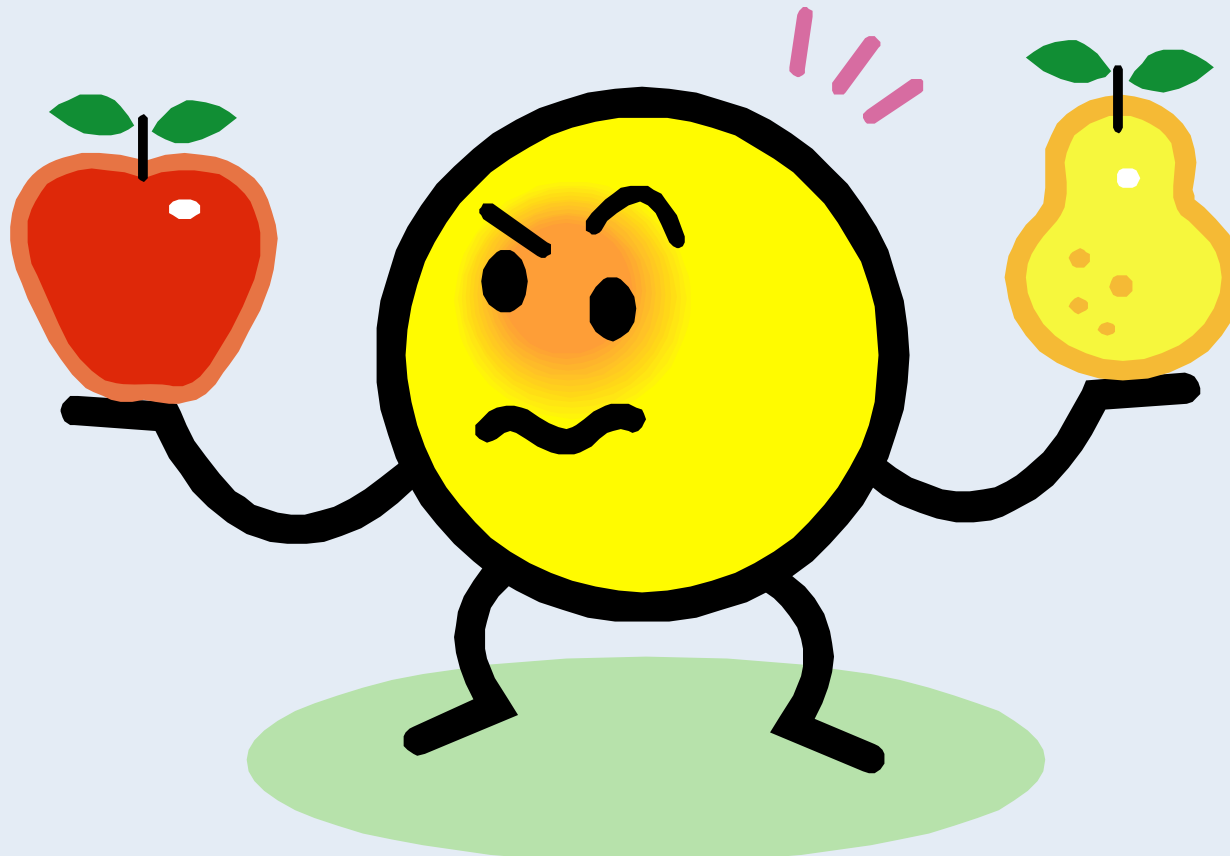


Water....not a component but required!

Must be available without restriction to students where meals are served



Offer vs Serve



Overview of Meal Pattern – Lunch OVS

- For Lunch OVS allows for students to offered all 5 of the required components & they can decline up to 2 of those components.
- BUT they must take at least ½ cup of fruit or vegetable.
- They must take the full planned serving size for all other components

Lunch Offer vs Serve



Lunch Offer vs Serve



Lunch Offer vs Serve



Lunch Offer vs Serve



Lunch Offer vs Serve



Lunch Offer vs Serve



Lunch Offer vs Serve



Lunch Offer vs Serve



Lunch Offer vs Serve



Lunch Offer vs Serve



Lunch Offer vs Serve



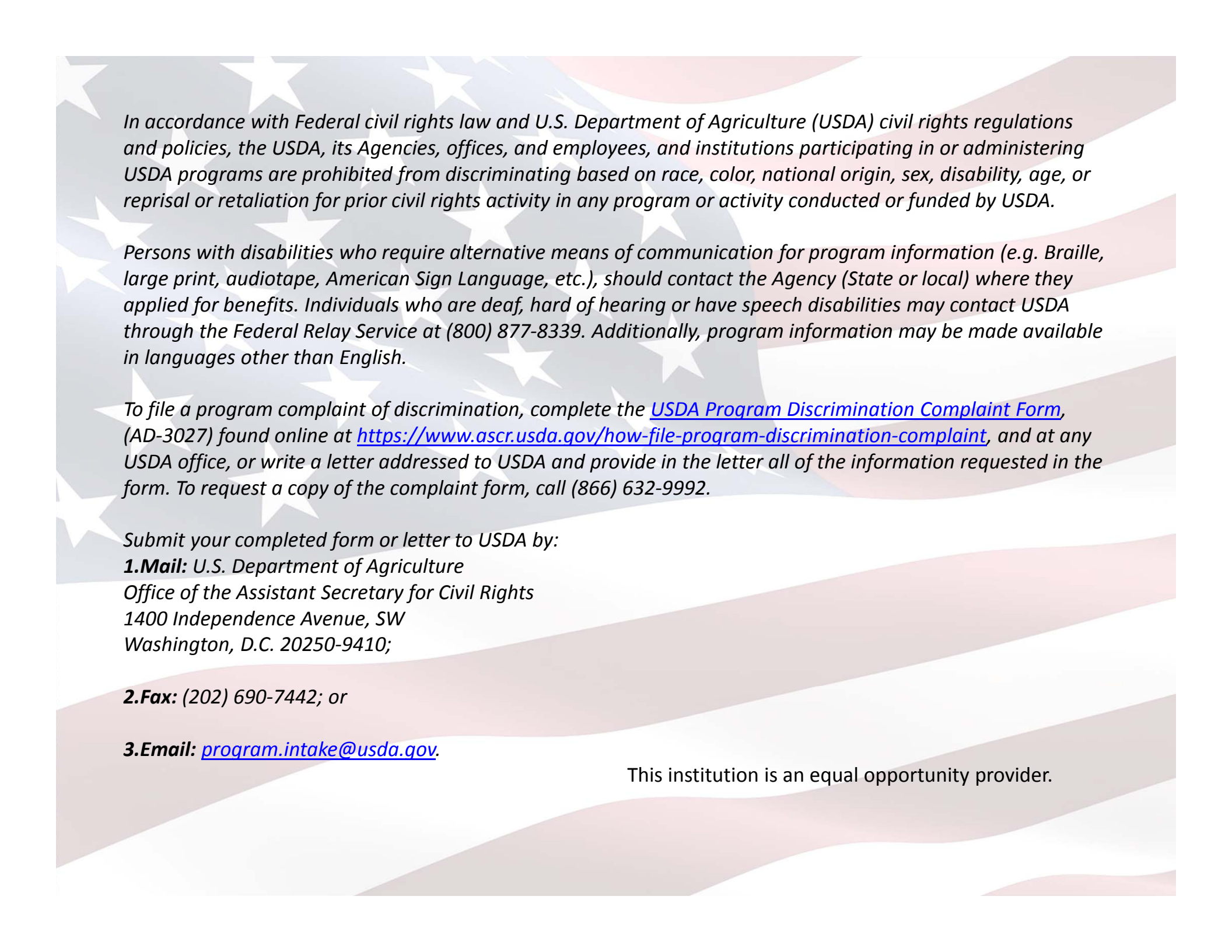
Lunch Offer vs Serve



OVS Breakfast Pre-Bagged Meals

- Should attempt to the extent possible to offer choices (such as a fruit basket) aside from the pre-bagged items
- There is no requirement that all possible combinations of choices be made available to the student



The background of the entire page is a stylized American flag, featuring white stars on a blue field and red and white stripes.

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