

Short and Long Week Calculations (rounded to nearest 0.5 oz eq and 0.25 cup)

Meal Pattern Requirements and Transitional Standards

*Applies to schools who regularly operate on a shorter or longer weekly cycle

*Since the dietary specifications are based on average daily amounts, these are unaffected by varying week lengths (average over length of week, whether consisting of 3 to 7 days)

**Due to size of weekly vegetable subgroup requirements, the 20% adjustment is not practical. Therefore, adjustments are primarily made to the “Additional Vegetable” category only- which in turn allows increased or decreased offering amounts of any of the subgroups to meet this requirement

***See following pages for the Up-to-date Weekly Meal Component Adjustments

Three Day School Week Meal Component Adjustments

3-day School Week- Breakfast	Grades K-8	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups) ^a	3 (1) ^a	3 (1) ^a	3 (1) ^a	3 (1) ^a	3 (1) ^a
Grains (oz eq) ^b	5-6 (1)	4-6 (1)	5-6 (1)	5.5-6 (1)	5.5-6 (1)
Fluid Milk (cups) ^c	3 (1)	3 (1)	3 (1)	3 (1)	3 (1)
Min-max Calories, daily avg ^d	400-500	350-500	400-550	450-600	450-500
Sodium Target 1A (mg), daily avg ^d	≤540	≤540	≤600	≤640	≤540
Sodium Target SY 2027-2028 ^{d, e}	≤485	≤485	≤535	≤570	≤485
Added Sugars	Product-based limits on breakfast cereals, yogurt, and flavored milk effective July 1, 2025 Weekly limit of 10% added sugar effective July 1, 2027				

3-day School Week- Lunch	Grades K-8	Grades K-5	Grades 6-8	Grades 9-12
	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups)	1.5 (0.5)	1.5 (0.5)	1.5 (0.5)	3 (1)
Vegetables (cups)	2.25 (0.75)	2.25 (0.75)	2.25 (0.75)	3 (1)
• Dark Green	0.5	0.5	0.5	0.5
• Red/Orange	0.5	0.5	0.5	1
• Beans/Peas (Legumes)	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.25	0.25	0.25	0.5
Additional Veg to Reach Total	0	0	0	0
Grains (oz eq) ^b	5- 5.5 (1)	5- 5.5 (1)	5-6 (1)	6-7 (2)
Meats/Meat Alts (oz eq)	5.5-6 (1)	5-6 (1)	5.5-6 (1)	6-7 (2)
Fluid Milk (cups) ^c	3 (1)	3 (1)	3 (1)	3 (1)
Min-max Calories, daily avg ^d	600-650	550-650	600-700	750-850
Sodium Target 1A (mg), daily avg ^{d, e}	≤1,100	≤1,100	≤1,225	≤1,280
Sodium Target SY 2027-2028 (mg), daily avg ^{d, e}	≤935	≤935	≤1,035	≤1,080
Added Sugars	Product-based limits on breakfast cereals, yogurt, and flavored milk effective July 1, 2025 Weekly limit of 10% added sugar effective July 1, 2027			

Four Day School Week Meal Component Adjustments

4-day School Week- Breakfast	Grades K-8	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups) ^a	4 (1) ^a	4 (1) ^a	4 (1) ^a	4 (1) ^a	4 (1) ^a
Grains (oz eq) ^b	6.5-8 (1)	5.5-8 (1)	6.5-8 (1)	7-8 (1)	7-8 (1)
Fluid Milk (cups) ^c	4 (1)	4 (1)	4 (1)	4 (1)	4 (1)
Min-max Calories, daily avg ^d	400-500	350-500	400-550	450-600	450-500
Sodium Target 1A (mg), daily avg ^d	≤540	≤540	≤600	≤640	≤540
Sodium Target SY 2027-2028 (mg), daily avg ^{d, e}	≤485	≤485	≤535	≤570	≤485
Added Sugars	Product-based limits on breakfast cereals, yogurt, and flavored milk effective July 1, 2025 Weekly limit of 10% added sugar effective July 1, 2027				

4-day School Week- Lunch	Grades K-8	Grades K-5	Grades 6-8	Grades 9-12
	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups)	2 (0.5)	2 (0.5)	2 (0.5)	4 (1)
Vegetables (cups)	3 (0.75)	3 (0.75)	3 (0.75)	4 (1)
• Dark Green	0.5	0.5	0.5	0.5
• Red/Orange	0.75	0.75	0.75	1.25
• Beans/Peas (Legumes)	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.5	0.75
Additional Veg to Reach Total	0.25	0.25	0.25	0.5
Grains (oz eq) ^b	6.5-7 (1)	6.5-7 (1)	6.5-8 (1)	8-9.5 (2)
Meats/Meat Alts (oz eq)	7-8 (1)	6.5-8 (1)	7-8 (1)	8-9.5 (2)
Fluid Milk (cups) ^c	4 (1)	4 (1)	4 (1)	4 (1)
Min-max Calories, daily avg ^d	600-650	550-650	600-700	750-850
Sodium Target 1A (mg), daily avg ^{d, e}	≤1,100	≤1,100	≤1,225	≤1,280
Sodium Target SY 2027-2028 (mg), daily avg ^{d, e}	≤935	≤935	≤1,035	≤1,080
Added Sugars	Product-based limits on breakfast cereals, yogurt, and flavored milk effective July 1, 2025 Weekly limit of 10% added sugar effective July 1, 2027			

Five Day School Week Meal Component Adjustments

5-day School Week- Breakfast	Grades K-8	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups) ^a	5 (1) ^a	5 (1) ^a	5 (1) ^a	5 (1) ^a	5 (1) ^a
Grains (oz eq) ^b	8-10 (1)	7-10 (1)	8-10 (1)	9-10 (1)	9-10 (1)
Fluid Milk (cups) ^c	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Min-max Calories, daily avg ^d	400-500	350-500	400-550	450-600	450-500
Sodium Target 1A (mg), daily avg ^{d, e}	≤540	≤540	≤600	≤640	≤540
Sodium Target SY 2027-2028(mg), daily avg ^{d, e}	≤485	≤485	≤535	≤570	≤485
Added Sugars	Product-based limits on breakfast cereals, yogurt, and flavored milk effective July 1, 2025 Weekly limit of 10% added sugar effective July 1, 2027				

5-day School Week- Lunch	Grades K-8	Grades K-5	Grades 6-8	Grades 9-12
	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups)	2.5 (0.5)	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups)	3.75 (0.75)	3.75 (0.75)	3.75 (0.75)	5 (1)
• Dark Green	0.5	0.5	0.5	0.5
• Red/Orange	0.75	0.75	0.75	1.25
• Beans/Peas (Legumes)	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.5	0.75
Additional Veg to Reach Total	1	1	1	1.5
Grains (oz eq) ^b	8-9 (1)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alts (oz eq)	9-10 (1)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups) ^c	5 (1)	5 (1)	5 (1)	5 (1)
Min-max Calories, daily avg ^d	600-650	550-650	600-700	750-850
Sodium Target 1A (mg), daily avg ^{d, e}	≤1,100	≤1,100	≤1,225	≤1,280
Sodium Target SY 2027-2028 (mg), daily avg ^{d, e}	≤935	≤935	≤1,035	≤1,080
Added Sugars	Product-based limits on breakfast cereals, yogurt, and flavored milk effective July 1, 2025 Weekly limit of 10% added sugar effective July 1, 2027			

Six Day School Week Meal Component Adjustments

6-day School Week- Breakfast	Grades K-8	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups) ^a	6 (1) ^a	6 (1) ^a	6 (1) ^a	6 (1) ^a	6 (1) ^a
Grains (oz eq) ^b	9.5-12 (1)	8.5-12 (1)	9.5-12 (1)	11-12 (1)	11-12 (1)
Fluid Milk (cups) ^c	6 (1)	6 (1)	6 (1)	6 (1)	6 (1)
Min-max Calories, daily avg ^d	400-500	350-500	400-550	450-600	450-500
Sodium Target 1A (mg), daily avg ^{d, e}	≤540	≤540	≤600	≤640	≤540
Sodium Target SY 2027-2028(mg), daily avg ^{d, e}	≤485	≤485	≤535	≤570	≤485
Added Sugars	Product-based limits on breakfast cereals, yogurt, and flavored milk effective July 1, 2025 Weekly limit of 10% added sugar effective July 1, 2027				

6-day School Week- Lunch	Grades K-8	Grades K-5	Grades 6-8	Grades 9-12
	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups)	3 (0.5)	3 (0.5)	3 (0.5)	6 (1)
Vegetables (cups)	4.5 (0.75)	4.5 (0.75)	4.5 (0.75)	6 (1)
• Dark Green	0.5	0.5	0.5	0.5
• Red/Orange	0.75	0.75	0.75	1.25
• Beans/Peas (Legumes)	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.5	0.75
Additional Veg to Reach Total	1.75	1.75	1.75	2.5
Grains (oz eq) ^b	9.5-11 (1)	9.5-11 (1)	9.5-12 (1)	12-14.5 (2)
Meats/Meat Alts (oz eq)	11-12 (1)	9.5-12 (1)	11-12 (1)	12-14.5 (2)
Fluid Milk (cups) ^c	6 (1)	6 (1)	6 (1)	6 (1)
Min-max Calories, daily avg ^d	600-650	550-650	600-700	750-850
Sodium Target 1A (mg), daily avg ^{d, e}	≤1,100	≤1,100	≤1,225	≤1,280
Sodium Target SY 2027-2028 (mg), daily avg ^{d, e}	≤935	≤935	≤1,035	≤1,080
Added Sugars	Product-based limits on breakfast cereals, yogurt, and flavored milk effective July 1, 2025 Weekly limit of 10% added sugar effective July 1, 2027			

Seven Day School Week Meal Component Adjustments

7-day School Week- Breakfast	Grades K-8	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups) ^a	7 (1) ^a	7 (1) ^a	7 (1) ^a	7 (1) ^a	7 (1) ^a
Grains (oz eq) ^b	11-14 (1)	10-14 (1)	11-14 (1)	12.5-14 (1)	12.5-14 (1)
Fluid Milk (cups) ^c	7 (1)	7 (1)	7 (1)	7 (1)	7 (1)
Min-max Calories, daily avg ^d	400-500	350-500	400-550	450-600	450-500
Sodium Target 1A (mg), daily avg ^{d, e}	≤540	≤540	≤600	≤640	≤540
Sodium Target SY 2027-2028(mg), daily avg ^{d, e}	≤485	≤485	≤535	≤570	≤485
Added Sugars	Product-based limits on breakfast cereals, yogurt, and flavored milk effective July 1, 2025 Weekly limit of 10% added sugar effective July 1, 2027				

7-day School Week- Lunch	Grades K-8	Grades K-5	Grades 6-8	Grades 9-12
	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups)	3.5 (0.5)	3.5 (0.5)	3.5 (0.5)	7 (1)
Vegetables (cups)	5.25 (0.75)	5.25 (0.75)	5.25 (0.75)	7 (1)
Dark Green	0.5	0.5	0.5	0.5
Red/Orange	0.75	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.5	0.75
Additional Veg to Reach Total	2.5	2.5	2.5	3.5
Grains (oz eq) ^b	11-12.5 (1)	11-12.5 (1)	11-14 (1)	14-17 (2)
Meats/Meat Alts (oz eq)	12.5-14 (1)	11-14 (1)	12.5-14 (1)	14-17 (2)
Fluid Milk (cups) ^c	7 (1)	7 (1)	7 (1)	7 (1)
Min-max Calories, daily avg ^d	600-650	550-650	600-700	750-850
Sodium Target 1A (mg), daily avg ^{d, e}	≤1,100	≤1,100	≤1,225	≤1,280
Sodium Target SY 2027-2028 (mg), daily avg ^{d, e}	≤935	≤935	≤1,035	≤1,080
Added Sugars	Product-based limits on breakfast cereals, yogurt, and flavored milk effective July 1, 2025 Weekly limit of 10% added sugar effective July 1, 2027			

- a Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Vegetables may be substituted for fruits.
- b At least 80 percent of the weekly grains must be whole grain-rich; the remaining weekly grains offered must be enriched. School may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains at breakfast after the minimum daily grains is met.
- c All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored provided that unflavored milk is offered at each meal service.
- d The average daily calories for the school week menu must be within the range (at least the minimum and no more than the maximum values). 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 milk fat are not allowed.
- e Sodium Target 1 is effective from July 1, 2022 through June 30, 2023 (SY 2022-2023) for lunch and July 1, 2022 through June 30, 2024 for breakfast (SY 2022-23 and SY 2023-2024). Sodium Target 1A is effective July 1, 2023 through June 30, 2024 (SY2023-2024).

7/14/2022