

Transitional Nutrition Standards in the National School Lunch and School Breakfast Programs - July 2022

Meal Pattern Components	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12	Grades K-5	Grades 6-8	Grades 9-12
Amount of Food a Per Week (Minimum Per Day)						
Fruits (cups) ^{a,b}	5 (1) ^c	5 (1) ^c	5 (1) ^c	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^{a,b}	0	0	0	3¾ (¾)	3¾ (¾)	5 (1)
Dark green ^d	0	0	0	½	½	½
Red/Orange ^d	0	0	0	¾	¾	1¼
Beans/Peas (Legumes)^d	0	0	0	½	½	½
Starchy ^d	0	0	0	½	½	½
Other ^{d,e}	0	0	0	½	½	¾
Additional Veg to Reach Total ^f	0	0	0	1	1	1½
Grains (oz eq) ^g	7-10 (1)	8-10 (1)	9-10 (1)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq) ^h	0 ^h	0 ^h	0 ^h	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ⁱ	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week						
Min-max calories (kcal) ^j	350-500	400-550	450-600	550-650	600-700	750-850
Saturated fat (% of total calories) ^j	< 10	< 10	< 10	< 10	< 10	< 10
Sodium Target 1(mg) ^{j,k}	≤540	≤600	≤640	≤1,230	≤1,360	≤1,420
Sodium Target 1A(mg) ^{j,k}	No Change from Target 1			≤1,100	≤1,225	≤ 1,280
Trans fat ^{j,l}	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.					

- ^a Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is 1/8 cup.
- ^b One quarter cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 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 Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Vegetables may be substituted for fruits.
- ^d Larger amounts of these vegetables may be served.
- ^e This category consists of “Other vegetables” as defined in paragraph (c)(2)(iii)(E) of this section. 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 paragraph (c)(2)(iii) of this section.
- ^f Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
- ^g 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.
- ^h There is no meat/meat alternate requirement.
- ⁱ 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.
- ^j The average daily calories for a 5-day 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.
- ^k 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).
- ^l Food products and ingredients must contain zero grams of trans fat (less than 0.5 grams) per serving.