**Nutrition standards for the US National School Lunch Program**

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|  | **Lunch meal pattern** |
|  | **Grades K-5** | **Grades 6-8** | **Grades 9-12** |
| **Food components**  | **Amount of food per week (minimum per day)** |
| **Fruit (cups)**  | 2 ½ (½) | 2 ½ (½) | 5 (1) |
| **Vegetable (cups)[[1]](#footnote-1)** | 3 ¾ (¾) | 3 ¾ (¾) | 5 (1) |
| **Grains (ounce equivalent) [[2]](#footnote-2)** | 8-9 (1) | 8-10 (1) | 10-12 (2) |
| **Meat or meat alternate (ounce equivalent)**  | 8-10 (1) | 9-10 (1) | 10-12 (2) |
| **Milk (cups) [[3]](#footnote-3)** | 5 (1) | 5 (1) | 5 (1) |
|  | **Other specifications** |
| **Min-max calories (kcal)**  | 550-650 | 600-700 | 750-850 |
| **Saturated fat, (% total calories)** | <10 | <10 | <10 |
| **Sodium Target 2 (mg) [[4]](#footnote-4)** | ≤935 | ≤1,035 | ≤1,080 |
| **Trans-fat (g)**  | Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving. |
| **Offer versus serve**  | Optional | Optional | Mandatory |

1. Dark green, red/orange, legumes, starchy, and other vegetables must be served weekly in specified quantities. [↑](#footnote-ref-1)
2. At least half of the grains offered weekly must be whole grain-rich and the remaining grain items must be enriched. [↑](#footnote-ref-2)
3. All fluid milk must be fat-free (skim) or low-fat (1 percent or less). Milk may be unflavored or flavored provided that unflavored milk is offered at each meal service. [↑](#footnote-ref-3)
4. Sodium target 2 is effective July 1, 2024 [↑](#footnote-ref-4)