

2026-27 Lunch Meal Pattern

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Fruits (cups) ^{a b c}	Weekly: 2-1/2 cups Daily: 1/2 cup	Weekly: 2-1/2 cups Daily: 1/2 cup	Weekly: 2-1/2 cups Daily: 1/2 cup	Weekly: 5 cups Daily: 1 cup
Vegetables (cups) ^{a c}	Weekly: 3-3/4 cups Daily: 3/4 cup	Weekly: 3-3/4 cups Daily: 3/4 cup	Weekly: 3-3/4 cups Daily: 3/4 cup	Weekly: 5 cups Daily: 1 cup
Dark Green ^{d e}	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Red/Orange ^e	3/4 cup	3/4 cup	3/4 cup	1-1/4 cup
Beans, Peas, ^{e f} and Lentils	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Starchy	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Other ^e	1/2 cup	1/2 cup	1/2 cup	3/4 cup
Additional Vegetables to Reach Total ^g	1 cup	1 cup	1 cup	1-1/2 cups
Grains (oz eq) ^{h i}	Weekly: ≥8oz eq Daily: 1 oz eq	Weekly: ≥8oz eq Daily: 1 oz eq	Weekly: ≥8oz eq Daily: 1 oz eq	Weekly: ≥10oz eq Daily: 2 oz eq
Meats/Meat Alternates (oz eq) ^h	Weekly: ≥8oz eq Daily: 1 oz eq	Weekly: ≥9oz eq Daily: 1 oz eq	Weekly: ≥9oz eq Daily: 1 oz eq	Weekly: ≥10oz eq Daily: 2 oz eq
Fluid Milk (cups) ⁱ	1 cup	1 cup	1 cup	1 cup

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

Min-Max Calories (kcal) ^{k l}	550-650	600-700	600-650	750-850
Saturated Fat (% of total calories) ^l	<10	<10	<10	<10
Sodium Target 1A (mg) ^{l m}	≤1,110	≤1,225	<1,110	≤1,280
Added Sugars ⁿ	Product-based limits	Product-based limits	Product-based limits	Product-based limits

- a. Minimum creditable serving for fruits and vegetables is 1/8 cup.
- b. Dried fruit credits double the volume served (e.g. 1/4 cup of dried fruit credits as 1/2 cup of fruit).
- c. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100 percent full-strength juice.
- d. Leafy green vegetables credit half the volume served (e.g. 1 cup of leafy greens credits as 1/2 cup of vegetables).
- e. The “Other” vegetable subgroup requirement may be met with any additional amounts from the dark green, red/orange, and beans, peas, and lentils vegetable subgroups.
- f. Beans, peas, and lentils may be offered toward the meat/meat alternate component or the daily vegetable component, but not both components. Bean, peas, and lentils offered towards the meat/meat alternate component may credit towards the weekly beans, peas, and lentils vegetable subgroup requirement.
- g. Any vegetable subgroup may be offered as additional vegetables to meet the total weekly vegetable requirement.
- h. Minimum creditable serving for grains and meat/meat alternates is 0.25-ounce equivalents (oz eq).
- i. At least 80 percent of grains offered over the week must be whole grain-rich.

- j. Allowable types are non-fat (skim) or low-fat (1 percent), reduced-fat (2 percent), whole; flavored or unflavored; lactose-reduced or lactose-free
- k. The average daily calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).
- l. Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, and sodium. Fluid milk is excluded from the weekly limit for saturated fat.
- m. Sodium Target 1A is effective through June 30, 2027.
- n. Product-based added sugar limits: **Breakfast Cereals:** no more than 6 grams of added sugar per dry ounce. **Yogurt:** No more than 12 grams of added sugar per 6 ounces. **Flavored Milk:** No more than 10 grams of added sugar per 8 fluid ounces (1 cup). Beginning July 1, 2027, added sugar will need to be limited to less than 10 percent of calories weekly.