

K-12 Lunch Meal Pattern & Nutrition Standards Menu Checklist 2022-2023

| Milk |
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| Minimum 1 cup fluid milk is offered daily. |
| At least two varieties of milk are offered and at least one is unflavored. |
| Only fat-free or low-fat milk (flavored or unflavored) is offered. Note: Fat-free milk is skim milk. Low-fat milk is 1% milkfat or less. Lactose-free and lactose-reduced milk may be offered following the same criteria. |
| Fruit |
| Minimum daily requirement for fruit is offered: (½ cup for K-8) (1 cup for 9-12). |
| Only allowable forms of fruit are offered: fresh; frozen; dried (credits at double the volume served); 100% full-strength juice; or canned in light syrup, water, or fruit juice. |
| All juice offered is 100% full-strength juice. |
| No more than half (50%) of the fruit that students can select per week at lunch is in the form of juice. (See <i>Juice and Meal Component Calculations</i> on Download Forms.) |
| Vegetable |
| Minimum daily vegetable amount is offered (¾ cup for K-8) (1 cup for 9-12). Note: Uncooked leafy greens credit as half the volume served. |
| Minimum weekly total vegetable amount is offered (3 ¾ cups for K-8) (5 cups for 9-12). |
| Minimum weekly dark green vegetables are offered (½ cup for all grades). |
| Minimum weekly red/orange vegetables are offered (¾ cup for K -8) (1¼ cup for 9-12). |
| Minimum weekly beans/peas (legumes) are offered (½ cup for all grades). |
| Minimum weekly starchy vegetables are offered (½ cup for all grades). |
| Minimum weekly “other” vegetables are offered (½ cup for K-8) (¾ cup for 9-12). Note: “Other” vegetables requirement may also be met by offering additional amounts of dark green, red/orange, and beans/peas. |
| All juice offered is 100% full-strength juice. |
| No more than half (50%) of the vegetables that students can select per week at lunch may be in the form of juice. (See <i>Juice and Meal Component Calculations</i> on Download Forms.) |
| Meat/ Meat Alternate (M/MA) |
| Daily requirements are met (1 oz eq for K-8) (2 oz eq for 9-12). |
| Weekly minimums are met (8 oz eq for K -5) (9 oz eq for 6-8) (10 oz eq for 9-12). |
| If nuts or seeds are offered, they are used to meet no more than half (50%) of the M/MA component in the meal. Another M/MA is also be offered to meet the full requirement. |
| Grains |
| Daily requirement is met (1 oz eq for K-8) (2 oz eq for 9-12). |
| Weekly minimum requirements are met (8 oz eq for K-8) (10 oz eq for 9-12). |
| At least 80% of the grains offered per week at lunch are whole grain-rich; all other grains are enriched or fortified. |
| No more than 2 oz equivalents of grain-based desserts per week are counted toward meeting the grains requirement. See USDA’s <i>Exhibit A: Grain Requirements for Child Nutrition Programs</i> on Download Forms. |
| Calories, Saturated Fat, Trans Fat, and Sodium |
| Average daily calories are met (550-650 for K-5) (600-700 for 6-8) (750-850 for 9-12). |
| Average daily saturated fat is <10% for all grades. |
| Nutrition label or manufacturer specifications indicate zero grams (or less than 0.5 gram) <i>trans</i> fat per serving for all products (naturally occurring <i>trans</i> fat in beef, dairy, and lamb is excluded). |
| Average daily milligrams of sodium are met (≤ 1,230 for K-5) (≤ 1,360 for 6-8) (≤ 1,420 for 9-12). |

K- 12 Breakfast Meal Pattern & Nutrition Standards Menu Checklist 2022-2023

| Milk | |
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| Minimum 1 cup of fluid milk is offered daily. | |
| At least two varieties of milk are offered and at least one is unflavored. | |
| Only fat-free or low-fat milk (flavored or unflavored) is offered. Note: Fat-free milk is skim milk. Low-fat milk is 1% milkfat or less. Lactose-free and lactose-reduced milk may be offered following the same criteria. | |
| Fruit/Vegetable | |
| At least 1 cup fruit and/or vegetable (substituted for fruit) is offered daily for all grades. | |
| The following regulatory requirement is WAIVED for SY 2022-2023: If starchy vegetables are substituted for fruits, 2 cups from the dark green, red/orange, beans/peas (legumes), or “other” vegetables subgroups must also be offered on the menu within that week. | |
| All juice offered is 100% full-strength juice. | |
| No more than half (50%) of the fruits/vegetables that students can select over the course of a week at breakfast is in the form of juice. (See <i>Juice and Meal Component Calculations</i> on Download Forms.) | |
| Grains | |
| Daily requirement is met (1 oz eq for all grades). | |
| Weekly minimum requirements are met (7 oz eq for K-5) (8 oz eq for 6-8) (9 oz eq for 9-12). Note: M/MA may credit toward grains requirements if at least 1 oz eq of grains is offered. | |
| At least 80% of the grains offered per week at breakfast are whole grain-rich; all other grains are enriched or fortified. | |
| Only grain-based desserts designated with superscripts 4 or 5 are served at breakfast. See USDA’s <i>Exhibit A: Grain Requirements for Child Nutrition Programs</i> on Download Forms. | |
| Meat/Meat Alternate (M/MA) – optional at breakfast | |
| If M/MA is offered and counted toward the grains requirement, 1 oz eq grain (daily minimum) is also offered on the day’s menu. | |
| If M/MA is offered as an “extra” in the meal, it does not credit but is counted toward weekly calories, saturated fat, <i>trans</i> fat, and sodium limits. | |
| Calories, Saturated Fat, <i>Trans</i> Fat, and Sodium | |
| Average daily calories are met (350-500 for K-5) (400-550 for 6-8) (450-600 for 9-12). | |
| Average daily saturated fat is < 10% for all grades. | |
| Nutrition label or manufacturer specifications indicate zero grams (or less than 0.5 gram) <i>trans</i> fat per serving for all products (naturally occurring <i>trans</i> fat in beef, dairy, and lamb is excluded). | |
| Average daily milligrams of sodium are met (≤ 540 for K-5) (≤ 600 for 6-8) (≤ 640 for 9-12). | |