

Meal Pattern Chart - Nutrition Standards for School Breakfast Program

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

Pre-Kindergarten (Pre-K) Daily		
Meal Pattern Components	Age 1-2	Age 3-5
Milk: Unflavored Age 1-2, whole milk Age 3-5, 1 percent low fat or fat free	(½) cup	(¾) cup
Fruits and Vegetables	(¼) cup	(½) cup
Grains: Whole Grain-Rich or Enriched		
Bread Product: (e.g., biscuit, roll, muffin)	(0.5) oz eq	
Cooked Breakfast Cereal, Cereal Grain, Pasta	(0.5) oz eq	
Ready-To-Eat Breakfast - Cereal, Dry or Cold Flakes or Rounds Puffed Cereal Granola	(0.5) oz eq (0.7) oz eq (0.2) oz eq	

School Age Daily and Weekly				
Meal Pattern Components	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
Milk¹ Unflavored or flavored fat free or unflavored 1 percent low fat	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Fruits and Vegetables²	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Grains: Whole Grain-Rich	7.0-10.0 (1.0) oz eq	8.0-10.0 (1.0) oz eq	9.0-10.0 (1.0) oz eq	9.0-10.0 (1.0) oz eq
Nutrient Specifications: Daily Amount Based on Averages 5-Day Week				
Min.-Max. Calories (kcal)	350-500	400-550	450-600	450-500
Saturated Fat % of total calories	< 10	< 10	< 10	< 10
Sodium Target (mg)	T2 ≤ 485 mg	T2 ≤ 535 mg	T2 ≤ 570 mg	T2 ≤ 485 mg
Trans Fat	Product nutrition label/manufacture specification must indicate 0 grams of <u>trans</u> fat per serving.			

¹ For K-12, one choice of milk must be unflavored at each meal service.

² Through SY 2021-22, CEs may substitute any vegetable from any subgroup in place of a fruit.

For detailed guidance on regulatory requirements see TDA's Administrative Reference Manual Sections 7, 8, and 9. [Policy and ARM for NSLP.](#)

For Meal Pattern Waiver information please visit SquareMeals.org. [Meal Pattern Waiver Information](#)



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Food and Nutrition Division
Nutrition Assistance Programs

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www.SquareMeals.org
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Meal Pattern Chart - Nutrition Standards for National School Lunch Program

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

Pre-Kindergarten (Pre-K) Daily		
Meal Pattern Components	Age 1–2	Age 3–5
Milk: Unflavored Age 1–2, whole milk Age 3–5, 1 percent low fat or fat free	(½) cup	(¾) cup
Fruits	(⅛) cup	(¼) cup
Vegetables	(⅛) cup	(¼) cup
Grains: Whole Grain-Rich or Enriched		
Bread product (e.g., biscuit, roll, or muffin)	(0.5) oz eq	
Cooked breakfast cereal, cereal grain, and/or pasta	(0.5) oz eq	
Meat/Meat Alternates		
Lean meat, poultry, or fish	(1.0) oz eq	(1.5) oz eq
Tofu, soy product, or alternate protein products	(1.0) oz eq	(1.5) oz eq
Cheese	(1.0) oz eq	(1.5) oz eq
Large egg	(1.0) oz eq	(1.5) oz eq
Cooked dry beans or peas	(0.5) oz eq	(0.75) oz eq
Peanut butter, soy nut butter, or other nut or seed butter	(1.1) oz eq	(1.7) oz eq
Yogurt, plain or flavored, unsweetened or sweetened	(4.0) oz eq	(6.0) oz eq
Peanuts, soy nuts, tree nuts, or seeds	(0.5) oz eq	(0.75) oz eq

School Age Daily and Weekly				
Meal Pattern Components	Grades K–5	Grades 6–8	Grades K–8	Grades 9–12
Milk¹ Unflavored or flavored fat free or unflavored 1 percent low fat	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Fruits	2½ (½) cups	2½ (½) cups	2½ (½) cups	5 (1) cups
Vegetables	3¾ (¾) cups	3¾ (¾) cups	3¾ (¾) cups	5 (1) cups
Dark Greens	½ cup	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	¾ cup	1¼ cups
Beans/Peas (Legumes)	½ cup	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup	½ cup
Other	½ cup	½ cup	½ cup	¾ cup
Additional Vegetable	1 cup	1 cup	1 cup	1½ cups
Grains: Whole Grain-Rich	8.0–9.0 (1.0) oz eq	8.0–10.0 (1.0) oz eq	8.0–9.0 (1.0) oz eq	10.0–12.0 (2.0) oz eq
Meat/Meat Alternates	8–10 (1) oz eq	9–10 (1) oz eq	9–10 (1) oz eq	10–12 (2) oz eq
Nutrient Specifications: Daily Amount Based on Average 5-Day Week				
Min.–Max. Calories(kcal)	550–650	600–700	600–650	750–850
Saturated Fat % of total calories	< 10	< 10	< 10	< 10
Sodium Target (mg)	T2 ≤ 935 mg	T2 ≤ 1035 mg	T2 ≤ 935 mg	T2 ≤ 1080 mg
Trans Fat	Product nutrition label/manufacturer specification must indicate 0 grams of <u>trans fat</u> per serving.			

¹ For K–12, one choice of milk must be unflavored at each meal service.

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