

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 low fat or fat free unflavored	½ cup	¾ cup
Fruits and Vegetables	¼ cup	½ cup
^{1,2} Grains: Whole Grain-Rich or Enriched		
Bread Product: (e.g., biscuit, roll, muffin)	0.5 oz eq	
Pasta	¼ cup	
Cooked Breakfast Cereal, Cereal Grain, ³ Ready-To-Eat Breakfast Cereal, Dry or Cold Flakes or Rounds Puffed Cereal Granola	½ cup ¾ cup ⅛ cup	

School Age Daily and Weekly				
Meal Pattern Components	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
⁴ Milk Unflavored or flavored low fat	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Fruits and Vegetables ⁵ Vegetables	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
⁶ Grains ‡ hole 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)	≤ 540	≤ 600	≤ 640	≤ 540
Trans Fat	Product nutrition label/manufacturer specification must indicate 0 grams of <u>trans</u> fat per serving.			

¹CACFP: grain-based desserts are not creditable toward the grains component

²CACFP: one whole-grain rich food item must be served each day across all meals

³CACFP: breakfast cereals and yogurt must meet sugar standard - TDA CACFP sugar limit calculator

⁴One choice of milk must be unflavored at each meal service.

⁵Through SY 2022-23, CEs may substitute any vegetable from any subgroup in place of a fruit.

⁶At least 80% of weekly grains offered must be whole grain rich.

For detailed guidance on regulatory requirements see TDA's Administrative Reference Manual Sections 7, 8, and 9.



TEXAS DEPARTMENT OF AGRICULTURE
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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 unflavored	½ cup	¾ cup
Fruits	⅛ cup	¼ cup
Vegetables	⅛ cup	¼ cup
^{1,2} Grains: Whole Grain-Rich or Enriched		
Bread product (e.g., biscuit, roll, or muffin)	0.5 oz eq	0.5 oz eq
Pasta	¼ cup	
Meat/Meat Alternates		
Lean meat, poultry, or fish	1 oz	1.5 oz
Tofu, soy product, or alternate protein products	1.1 oz	1.5 oz
Cheese	1 oz	1.5 oz
Large egg	½ egg	¾ egg
Cooked dry beans or peas	¼ cup	⅜ cup
Peanut butter, soy nut butter, or other nut or seed butter	2 Tbsp	3 Tbsp
³ Yogurt, plain or flavored, unsweetened or sweetened	4 oz	6 oz
Peanuts, soy nuts, tree nuts, or seeds	0.5 oz	0.75 oz

School Age Daily and Weekly				
Meal Pattern Components	Grades K–5	Grades 6–8	Grades K–8	Grades 9–12
⁴ Milk Unflavored or flavored 1% low fat or fat free	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
⁵ Grains 80 % 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)	≤ 1,230	≤ 1,360	≤ 1,230	≤ 1,420
Trans Fat	Product nutrition label/manufacturer specification must indicate 0 grams of <u>trans</u> fat per serving.			

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