

Chart 1B: National School Lunch Program (NSLP)

	Grades K–5	Grades 6–8	Grades 9–12
Meal Components	Amount of Food¹ Per Week (Minimum per day)		
Fruits (cups) ²	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ²	3¾ (¾)	3¾ (¾)	5 (1)
➤ Dark Green Subgroup ³	½	½	½
➤ Red/Orange Subgroup ³	¾	¾	1¼
➤ Beans, Peas, and Lentils Subgroup ³	½	½	½
➤ Starchy Subgroup ³	½	½	½
➤ Other Vegetable Subgroup ^{3,4}	½	½	¾
Additional Vegetables from Any Subgroup to Reach Total	1	1	1½
Grains (oz eq) ⁵	8–9 (1)	8–10 (1)	10–12 (2)
Meats/Meat Alternates (oz eq) ⁶	8–10 (1)	9–10 (1)	10–12 (2)
Fluid Milk (cups) ⁷	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week⁸			
Minimum - Maximum Calories (kcal)	550–650	600–700	750–850
Saturated Fat (% of total calories)	< 10	< 10	< 10
Added Sugars (% of total calories): In effect July 1, 2027	< 10	< 10	< 10
Sodium Limit: In effect through June 30, 2027	≤ 1,110 mg	≤ 1,225 mg	≤ 1,280 mg
Sodium Limit: In effect July 1, 2027	≤ 935 mg	≤ 1,035 mg	≤ 1,080 mg

¹ Food items included in each group and subgroup and amount equivalents.

² Minimum creditable serving is ¼ cup. One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. 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.

³ Larger amounts of these vegetables may be served.

⁴ This subgroup consists of “Other vegetables” as defined in paragraph (c)(2)(iii)(E) of this section. For the purposes of the NSLP, the “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and bean, peas, and lentils vegetable subgroups as defined in paragraph (c)(2)(ii) of this section.

⁵ Minimum creditable serving is 0.25 oz eq. At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich as defined in § 210.2, and the remaining grains items offered must be enriched.

⁶ Minimum creditable serving is 0.25 oz eq.

⁷ Minimum creditable serving is 8 fluid ounces. All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less) and must meet the requirements in paragraph (d) of this section.

⁸ Schools must meet the dietary specification for added sugars and the sodium limits by the dates specified in this chart. Discretionary sources of calories may be added to the meal pattern if within the dietary specifications.