

SCHOOL LUNCH MEAL PATTERN
TRADITIONAL Food Based Menu Planning

Meal Component	Minimum Quantities Required				Optional (but Recommended)
	Ages 1-2	Preschool	Grades K-3	Grades 4-12	Grades 7-12
MEAT/MEAT ALTERNATE (quantity of edible portion as served)					
◦ Lean meat, poultry or fish	1 oz.	1 ½ oz.	1 ½ oz.	2 oz.	3 oz.
◦ Cheese	1 oz.	1 ½ oz.	1 ½ oz.	2 oz.	3 oz.
◦ Cottage cheese	¼ cup	1/3 cup	1/3 cup	½ cup	1/3 cup
◦ Yogurt (commercial)	½ cup	¾ cup	¾ cup	1 cup	1 ½ cups
◦ Large egg	½ egg	¾ egg	¾ egg	1 egg	1½ egg
◦ Cooked dry beans or peas	¼ cup	3/8 cup	3/8 cup	½ cup	¾ cup
◦ Peanut butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	3 Tbsp.	4 Tbsp.	6 Tbsp.
The following may be used to meet no more than 50% of the meat/meat alternate requirement and must be used in combination with any of the above:					
◦ Peanuts, soy nuts, tree nuts or seeds, or an equivalent quantity of any combination of the above meat/meat alternate (1 oz. nuts/seeds = 1 oz. cooked lean meat, poultry, fish)	½ oz. = 50%	¾ oz. = 50%	¾ oz. = 50%	1 oz. = 50%	1½ oz. = 50%
VEGETABLES/FRUITS (2 or more menu items of fruit, vegetables, or both)					
Full-strength vegetable/fruit juice may not be used to meet more than one-half of the lunch vegetable/fruit requirement each day.	Total of ½ cup	Total of ½ cup	Total of ½ cup	Total of ¾ cup	Total of ¾ cup
GRAINS/BREADS (Must be enriched or whole grain)					
Refer to grains/bread guidance on the back of this page for information on what constitutes a serving of grains/breads.	5 servings per week—minimum of ½ serving per day	8 servings per week—minimum of 1 serving per day	8 servings per week—minimum of 1 serving per day	8 servings per week—minimum of 1 serving per day	10 servings per week—minimum of 1 serving per day
MILK (as a beverage)	6 fluid oz.	6 fluid oz.	8 fluid oz.	8 fluid oz.	8 fluid oz.

**SCHOOL BREAKFAST MEAL PATTERN
TRADITIONAL Food Based Menu Planning**

Meal Component	Minimum Quantities Required		
	Ages 1-2	Preschool	Grades K-12
FLUID MILK (As a beverage, on cereal, or both)	4 fluid oz. (½ cup)	6 fluid oz. (¾ cup)	8 fluid oz. (1 cup)
JUICE/FRUIT/VEGETABLE	2 fluid oz. (¼ cup)	4 fluid oz. (½ cup)	4 fluid oz. (½ cup)
Select one serving from each of the following components (1 Grain/Bread + 1 Meat/Meat alternate) OR Select two servings from one component. (2 servings Grains/Breads or 2 servings Meat/Meat Alternate)			
GRAINS/BREADS (must be enriched or whole grain)			
◦ Whole-grain or enriched bread	½ slice	½ slice	1 slice
◦ Whole-grain or enriched biscuit, roll, muffin, etc.	½ serving	½ serving	1 serving
◦ Whole-grain, enriched or fortified cereal	¼ cup or 1/3 ounce	1/3 cup or ½ ounce	¾ cup or 1 ounce
MEAT/MEAT ALTERNATE (quantity of edible portion as served)			
◦ Meat, poultry, or fish	½ ounce	½ ounce	1 ounce
◦ Cheese	½ ounce	½ ounce	1 ounce
◦ Cottage cheese	2 Tbsp.	2 Tbsp.	¼ cup
◦ Yogurt (commercial)	¼ cup	¼ cup	½ cup
◦ Egg (large)	½ egg	½ egg	½ egg
◦ Peanut butter or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.
◦ Cooked dry beans/peas	2 Tbsp.	2 Tbsp.	4 Tbsp.
◦ Nuts and/or seeds	½ ounce	½ ounce	1 ounce