

National School Lunch Program Meal Pattern

Information retrieved from PDE 704 - <https://www.pears.ed.state.pa.us>

Food Group	New Requirements K-12
Fruit and Vegetables	<p>$\frac{3}{4}$ - 1 cup of vegetables <u>plus</u></p> <p>$\frac{1}{2}$ - 1 cup of fruit per day</p> <p>Note: Students are allowed to select $\frac{1}{2}$ cup fruit or vegetable under OVS.</p>
Vegetables	<p>Weekly requirement for:</p> <ul style="list-style-type: none"> • dark green • red/orange • beans/peas (legumes) • starchy • other (as defined in 2010 Dietary Guidelines)
Meat/Meat Alternate (M/MA)	<p>Daily minimum and weekly ranges:</p> <p>Grades K-5: 1 oz eq. min. daily (8-10 oz weekly)</p> <p>Grades 6-8 : 1 oz eq. min. daily (9-10 oz weekly)</p> <p>Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)</p>
Grains	<p>Daily minimum and weekly ranges:</p> <p>Grades K-5: 1 oz eq. min. daily (8-9 oz weekly)</p> <p>Grades 6-8 : 1 oz eq. min. daily (8-10 oz weekly)</p> <p>Grades 9-12 : 2 oz eq. min. daily (10-12 oz weekly)</p>
Whole Grains	<p>At least half of the grains must be whole grain-rich beginning July 1, 2012. Beginning July 1, 2014, all grains must be whole grain rich.</p>
Milk	<p>1 cup</p> <p>Must be fat-free(unflavored/flavored) or 1% low fat (unflavored)</p>

School Breakfast Program Meal Pattern

Information retrieved from PDE 704 - <https://www.pears.ed.state.pa.us>

Food Group	New Requirements K-12
Fruit	<p>1 cup per day (vegetable substitution allowed)</p> <p>Note: Quantity required SY 2014-15. Students are allowed to select ½ cup of fruit under OVS.</p>
Grains and Meat/Meat Alternate (M/MA)	<p>Daily min. and weekly ranges for grains:</p> <p>Grades K-5: 1 oz eq. min. daily (7-10 oz weekly)</p> <p>Grades 6-8 : 1 oz eq. min. daily (8-10 oz weekly)</p> <p>Grades 9-12 : 1 oz eq. min. daily (9-10 oz weekly)</p> <p>Note: Quantity required SY 2013-14. Schools may substitute M/MA for grains after the minimum daily grains requirement is met.</p>
Whole Grains	<p>At least half of the grains must be whole grain-rich beginning July 1, 2013. Beginning July 1, 2014, all grains must be whole grain rich.</p>
Milk	<p>1 cup</p> <p>Must be fat-free (unflavored/flavored) or 1% low fat (unflavored)</p>

