

School Breakfast Program

3-Day Meal Pattern

Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.

Serve Only		Offer Versus Serve				
• Minimum 3 items daily • Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate • Students must have all items at POS		• Minimum 4 items daily • Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) • Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12	
Fluid Milk (cups) Effective June 8, 2026, milk may be whole, reduced-fat (2%), low-fat (1%), fat-free, lactose-free, or a nutritionally equivalent nondairy fluid milk substitute. Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service. Flavored milk may have no more than 10 grams of added sugars per 8 fluid ounces.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
Fruit/Juice/Vegetable (cups) All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
Grains or Meat/Meat Alternates (oz eq) Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched. Breakfast cereals may have no more than 6 grams of added sugars per dry ounce. Yogurt may have no more than 12 grams of added sugars per 6 ounces.	1 oz eq daily 4-6 oz eq weekly	1 oz eq daily 5-6 oz eq weekly	1 oz eq daily 5-6 oz eq weekly	1 oz eq daily 5.5-6 oz eq weekly	1 oz eq daily 5.5-6 oz eq weekly	
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week						
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Saturated Fat (% of total calories) Weekly Average	≤ 10 (excluding saturated fat from milk used to meet the fluid milk component requirements)					
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540	
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485	
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10					

National School Lunch Program

3-Day Meal Pattern

Lunches served under the National School Lunch Program must meet the following meal pattern requirements.

Serve Only				Offer Versus Serve		
• Must prepare all 5 components in required amounts. • At POS: Students must take all 5 components in the minimum required amounts.				• Must prepare all five components in the required amounts. • At POS: Students must take at least 3 components in minimum required amounts, one of which must be at least ½ cup fruit or vegetable.		
Component Specifications: Daily and Weekly Amount Based on the Average for a 3-Day Week						
Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	1 ½ (½)			3 (1)	All fruit juice must be 100% full-strength, and no more than half of the weekly fruit offerings may be in the form of juice. Dried fruit credits as double its volume (e.g., ¼ cup dried fruit credits as ½ cup fruit).
	Serve Only: minimum amount required at POS	½			1	
	OVS: minimum amount to count at POS	½			½	
Total Vegetable (cups)	Weekly (daily)	2 ¼ (¾)			3 (1)	All vegetable juice must be 100% full-strength, and no more than half of the weekly vegetable offerings may be in the form of juice.
	Serve Only: minimum amount required at POS	¾			1	
	OVS: minimum amount to count at POS	½			½	
Vegetable Subgroups (cups)		Minimum Weekly Amounts				
Dark Green		½			½	Minimum creditable amount to count towards a subgroup is 1/8 cup. Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).
Red/Orange		½			1	
Beans, Peas, and Lentils		½			½	
Starchy		½			½	
Other		¼			½	
To meet weekly requirement, vegetables from ANY subgroup		0			0	
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	5-5.5* (1)	5-6* (1)	5-5.5* (1)	6-7* (2)	At least 80% of the weekly grains offered must be whole grain-rich.
	Serve Only and OVS: Minimum to count as a component at POS	1	1	1	2	No more than 2 oz eq of the weekly grain offerings may be grain-based desserts.
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	5-6* (1)	5.5-6* (1)	5.5-6* (1)	6-7* (2)	
	Serve Only and OVS: Minimum to count as a component at POS	1	1	1	2	
Fluid Milk (cups)	Weekly (daily)	3 (1)				May be whole, reduced-fat (2%), low-fat (1%), fat-free, lactose-free, or a nutritionally equivalent nondairy fluid milk substitute. May be flavored or unflavored, provided that unflavored milk is offered at each meal service.

National School Lunch Program

Dietary Specifications

Lunches served under the National School Lunch Program must meet the following dietary specifications.

Dietary specifications are based on average daily amounts and are unaffected by varying week lengths (average over the length of the week, whether consisting of 3 to 7 days).

Dietary Specifications				
Grades	K-5	6-8	K-8	9-12
Minimum - Maximum Calories (kcal)	550-650 kcal	600-700 kcal	600-650 kcal	750-850 kcal
Saturated Fat (% of calories)	< 10% (excluding saturated fat from milk used to meet the fluid milk component requirements)			
Sodium Interim Target 1A (mg) <i>Ends June 30, 2027</i>	≤ 1,110 mg	≤ 1,225 mg	≤ 1,110 mg	≤ 1,280 mg
Sodium Limit <i>Effective July 1, 2027</i>	≤ 935 mg	≤ 1,035 mg	≤ 935 mg	≤ 1,035 mg
Added Sugar <i>Effective July 1, 2027</i>	< 10%			
Trans Fat	0 g			

Specifications: Added Sugar (Product-Based Limits)	
Product	Added Sugar Limit <i>Effective July 1, 2025</i>
Breakfast Cereals	≤ 6 g of added sugars per dry oz
Flavored Milk	≤ 10 g of added sugars per 8 fl oz
Yogurt	≤ 12 g of added sugars per 6 oz (2 g of added sugars per oz)

Child and Adult Care Food Program · At-Risk Afterschool Meals

Snack Meal Pattern

Snacks served under the Child and Adult Care Food Program - At-Risk Afterschool Meals must meet the following meal pattern requirements.

Required Components at Snack: Select any two components to serve at snack. Only one of the two components may be a creditable beverage, such as milk or juice.

Food Components	Required Minimum Serving Size by Age Group				Additional Component Information
	Ages 1-2	Ages 3-5	Ages 6-18	Adults	
Fluid Milk	4 fl oz ½ cup	4 fl oz ½ cup	8 fl oz 1 cup	8 fl oz 1 cup	Fluid milk must be pasteurized. Participants 12-23 months must be served whole milk. Effective June 8, 2026, participants 2-5 years old may be served whole, reduced-fat (2 percent), low-fat (1 percent), or fat-free (skim) milk. Milk must be unflavored. Participants ages 6+ may be served flavored or unflavored whole, reduced-fat, low-fat, or fat-free milk. Adult Participants Only: 6 ounces or ¾ cup of yogurt may be used to meet the equivalent of 8 ounces of milk once per day when yogurt is not served as a meat alternate in the same meal.
Meat/Meat Alternates	½ oz	½ oz	1 oz eq	1 oz eq	Alternate Protein Products (APP) must meet the requirements in CFR 226 - Appendix A. Yogurts must contain no more than 12 grams of added sugars per 6 ounce.
Lean Meat, Poultry, Fish	½ oz	½ oz	1 oz	1 oz	
Tofu	½ oz	½ oz	1 oz	1 oz	
Cheese	½ oz	½ oz	1 oz	1 oz	
Large Egg	¼ large egg	¼ large egg	1/2 large egg	1/2 large egg	
Cooked dry beans/peas	⅓ cup	⅓ cup	¼ cup	¼ cup	
Nut/Seed Butter	1 tbsp	1 tbsp	2 tbsp	2 tbsp	
Yogurt	2 oz; ¼ cup	2 oz; ¼ cup	4 oz; ½ cup	4 oz; ½ cup	
Nuts or seeds	½ oz	½ oz	1 oz	1 oz	
Grains	½ oz eq	½ oz eq	1 oz eq	1 oz eq	All grains served must be either enriched, whole grain-rich, bran or germ. At least one serving per day must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirements. Breakfast cereals, including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of added sugars per dry ounce. The serving size for grains is measured in ounce equivalents (oz eq).
Vegetables	½ cup	½ cup	¾ cup	½ cup	Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day and must be pasteurized.
Fruits	½ cup	½ cup	¾ cup	½ cup	Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day and must be pasteurized.

School Breakfast Program

4-Day Meal Pattern

Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.

Serve Only		Offer Versus Serve				
• Minimum 3 items daily • Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate • Students must have all items at POS		• Minimum 4 items daily • Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) • Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12	
Fluid Milk (cups) Effective June 8, 2026, milk may be whole, reduced-fat (2%), low-fat (1%), fat-free, lactose-free, or a nutritionally equivalent nondairy fluid milk substitute. Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service. Flavored milk may have no more than 10 grams of added sugars per 8 fluid ounces.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
Fruit/Juice/Vegetable (cups) All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
Grains or Meat/Meat Alternates (oz eq) Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched. Breakfast cereals may have no more than 6 grams of added sugars per dry ounce. Yogurt may have no more than 12 grams of added sugars per 6 ounces.	1 oz eq daily 5.5-8 oz eq weekly	1 oz eq daily 6.5-8 oz eq weekly	1 oz eq daily 6.5-8 oz eq weekly	1 oz eq daily 7-8 oz eq weekly	1 oz eq daily 7-8 oz eq weekly	
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week						
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Saturated Fat (% of total calories) Weekly Average	≤ 10 (excluding saturated fat from milk used to meet the fluid milk component requirements)					
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540	
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485	
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10					

National School Lunch Program

4-Day Meal Pattern

Lunches served under the National School Lunch Program must meet the following meal pattern requirements.

Serve Only				Offer Versus Serve		
• Must prepare all 5 components in required amounts. • At POS: Students must take all 5 components in the minimum required amounts.				• Must prepare all five components in the required amounts. • At POS: Students must take at least 3 components in minimum required amounts, one of which must be at least ½ cup fruit or vegetable.		
Component Specifications: Daily and Weekly Amount Based on the Average for a 4-Day Week						
Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2 (1/2)			4 (1)	All fruit juice must be 100% full-strength, and no more than half of the weekly fruit offerings may be in the form of juice. Dried fruit credits as double its volume (e.g., ¼ cup dried fruit credits as ½ cup fruit).
	Serve Only: minimum amount required at POS	½			1	
	OVS: minimum amount to count at POS	½			½	
Total Vegetable (cups)	Weekly (daily)	3 (3/4)			4 (1)	All vegetable juice must be 100% full-strength, and no more than half of the weekly vegetable offerings may be in the form of juice.
	Serve Only: minimum amount required at POS	¾			1	
	OVS: minimum amount to count at POS	½			½	
Vegetable Subgroups (cups)		Minimum Weekly Amounts				
Dark Green		½			½	Minimum creditable amount to count towards a subgroup is 1/8 cup. Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).
Red/Orange		¾			1 ¼	
Beans, Peas, and Lentils		½			½	
Starchy		½			½	
Other		½			¾	
To meet weekly requirement, vegetables from ANY subgroup		¼			¼	
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	6.5-7* (1)	6.5-8* (1)	6.5-7* (1)	8-9.5* (2)	At least 80% of the weekly grains offered must be whole grain-rich.
	Serve Only and OVS: Minimum to count as a component at POS	1	1	1	2	No more than 2 oz eq of the weekly grain offerings may be grain-based desserts.
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	6.5-8* (1)	7-8* (1)	7-8* (1)	8-9.5 (2)	
	Serve Only and OVS: Minimum to count as a component at POS	1	1	1	2	
Fluid Milk (cups)	Weekly (daily)	4 (1)				May be whole, reduced-fat (2%), low-fat (1%), fat-free, lactose-free, or a nutritionally equivalent nondairy fluid milk substitute. May be flavored or unflavored, provided that unflavored milk is offered at each meal service.

National School Lunch Program

Dietary Specifications

Lunches served under the National School Lunch Program must meet the following dietary specifications.

Dietary specifications are based on average daily amounts and are unaffected by varying week lengths (average over the length of the week, whether consisting of 3 to 7 days).

Dietary Specifications				
Grades	K-5	6-8	K-8	9-12
Minimum - Maximum Calories (kcal)	550-650 kcal	600-700 kcal	600-650 kcal	750-850 kcal
Saturated Fat (% of calories)	< 10% <i>(excluding saturated fat from milk used to meet the fluid milk component requirements)</i>			
Sodium Interim Target 1A (mg) <i>Ends June 30, 2027</i>	≤ 1,110 mg	≤ 1,225 mg	≤ 1,110 mg	≤ 1,280 mg
Sodium Limit <i>Effective July 1, 2027</i>	≤ 935 mg	≤ 1,035 mg	≤ 935 mg	≤ 1,035 mg
Added Sugar <i>Effective July 1, 2027</i>	< 10%			
Trans Fat	0 g			

Specifications: Added Sugar (Product-Based Limits)	
Product	Added Sugar Limit <i>Effective July 1, 2025</i>
Breakfast Cereals	≤ 6 g of added sugars per dry oz
Flavored Milk	≤ 10 g of added sugars per 8 fl oz
Yogurt	≤ 12 g of added sugars per 6 oz (2 g of added sugars per oz)

Child and Adult Care Food Program · At-Risk Afterschool Meals

Snack Meal Pattern

Snacks served under the Child and Adult Care Food Program - At-Risk Afterschool Meals must meet the following meal pattern requirements.

Required Components at Snack: Select any two components to serve at snack. Only one of the two components may be a creditable beverage, such as milk or juice.

Food Components	Required Minimum Serving Size by Age Group				Additional Component Information
	Ages 1-2	Ages 3-5	Ages 6-18	Adults	
Fluid Milk	4 fl oz ½ cup	4 fl oz ½ cup	8 fl oz 1 cup	8 fl oz 1 cup	Fluid milk must be pasteurized. Participants 12-23 months must be served whole milk. Effective June 8, 2026, participants 2-5 years old may be served whole, reduced-fat (2 percent), low-fat (1 percent), or fat-free (skim) milk. Milk must be unflavored. Participants ages 6+ may be served flavored or unflavored whole, reduced-fat, low-fat, or fat-free milk. Adult Participants Only: 6 ounces or ¾ cup of yogurt may be used to meet the equivalent of 8 ounces of milk once per day when yogurt is not served as a meat alternate in the same meal.
Meat/Meat Alternates	½ oz	½ oz	1 oz eq	1 oz eq	Alternate Protein Products (APP) must meet the requirements in CFR 226 - Appendix A. Yogurts must contain no more than 12 grams of added sugars per 6 ounce.
Lean Meat, Poultry, Fish	½ oz	½ oz	1 oz	1 oz	
Tofu	½ oz	½ oz	1 oz	1 oz	
Cheese	½ oz	½ oz	1 oz	1 oz	
Large Egg	¼ large egg	¼ large egg	1/2 large egg	1/2 large egg	
Cooked dry beans/peas	⅓ cup	⅓ cup	¼ cup	¼ cup	
Nut/Seed Butter	1 tbsp	1 tbsp	2 tbsp	2 tbsp	
Yogurt	2 oz; ¼ cup	2 oz; ¼ cup	4 oz; ½ cup	4 oz; ½ cup	
Nuts or seeds	½ oz	½ oz	1 oz	1 oz	
Grains	½ oz eq	½ oz eq	1 oz eq	1 oz eq	All grains served must be either enriched, whole grain-rich, bran or germ. At least one serving per day must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirements. Breakfast cereals, including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of added sugars per dry ounce. The serving size for grains is measured in ounce equivalents (oz eq).
Vegetables	½ cup	½ cup	¾ cup	½ cup	Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day and must be pasteurized.
Fruits	½ cup	½ cup	¾ cup	½ cup	Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day and must be pasteurized.

School Breakfast Program

5-Day Meal Pattern

Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.

Serve Only		Offer Versus Serve				
• Minimum 3 items daily • Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate • Students must have all items at POS		• Minimum 4 items daily • Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) • Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12	
Fluid Milk (cups) Effective June 8, 2026, milk may be whole, reduced-fat (2%), low-fat (1%), fat-free, lactose-free, or a nutritionally equivalent nondairy fluid milk substitute. Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service. Flavored milk may have no more than 10 grams of added sugars per 8 fluid ounces.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
Fruit/Juice/Vegetable (cups) All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
Grains or Meat/Meat Alternates (oz eq) Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched. Breakfast cereals may have no more than 6 grams of added sugars per dry ounce. Yogurt may have no more than 12 grams of added sugars per 6 ounces.	1 oz eq daily 7-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly	1 oz eq daily 8-10 oz eq weekly	1 oz eq daily 9-10 oz eq weekly	1 oz eq daily 9-10 oz eq weekly	
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week						
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Saturated Fat (% of total calories) Weekly Average	≤ 10 (excluding saturated fat from milk used to meet the fluid milk component requirements)					
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540	
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485	
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10					

National School Lunch Program

5-Day Meal Pattern

Lunches served under the National School Lunch Program must meet the following meal pattern requirements.

Serve Only				Offer Versus Serve		
• Must prepare all 5 components in required amounts. • At POS: Students must take all 5 components in the minimum required amounts.				• Must prepare all five components in the required amounts. • At POS: Students must take at least 3 components in minimum required amounts, one of which must be at least ½ cup fruit or vegetable.		
Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day Week						
Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2 (1/2)			5 (1)	All fruit juice must be 100% full-strength, and no more than half of the weekly fruit offerings may be in the form of juice. Dried fruit credits as double its volume (e.g., ¼ cup dried fruit credits as ½ cup fruit).
	Serve Only: minimum amount required at POS	½			1	
	OVS: minimum amount to count at POS	½			½	
Total Vegetable (cups)	Weekly (daily)	3 ¾ (3/4)			5 (1)	All vegetable juice must be 100% full-strength, and no more than half of the weekly vegetable offerings may be in the form of juice.
	Serve Only: minimum amount required at POS	¾			1	
	OVS: minimum amount to count at POS	½			½	
Vegetable Subgroups (cups)		Minimum Weekly Amounts				
Dark Green		½			½	Minimum creditable amount to count towards a subgroup is 1/8 cup. Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).
Red/Orange		¾			1 ¼	
Beans, Peas, and Lentils		½			½	
Starchy		½			½	
Other		½			¾	
To meet weekly requirement, vegetables from ANY subgroup		1			1 ½	
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	At least 80% of the weekly grains offered must be whole grain-rich.
	Serve Only and OVS: Minimum to count as a component at POS	1	1	1	2	No more than 2 oz eq of the weekly grain offerings may be grain-based desserts.
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum to count as a component at POS	1	1	1	2	
Fluid Milk (cups)	Weekly (daily)	5 (1)				May be whole, reduced-fat (2%), low-fat (1%), fat-free, lactose-free, or a nutritionally equivalent nondairy fluid milk substitute. May be flavored or unflavored, provided that unflavored milk is offered at each meal service.

National School Lunch Program

Dietary Specifications

Lunches served under the National School Lunch Program must meet the following dietary specifications.

Dietary specifications are based on average daily amounts and are unaffected by varying week lengths (average over the length of the week, whether consisting of 3 to 7 days).

Dietary Specifications				
Grades	K-5	6-8	K-8	9-12
Minimum - Maximum Calories (kcal)	550-650 kcal	600-700 kcal	600-650 kcal	750-850 kcal
Saturated Fat (% of calories)	< 10% (excluding saturated fat from milk used to meet the fluid milk component requirements)			
Sodium Interim Target 1A (mg) <i>Ends June 30, 2027</i>	≤ 1,110 mg	≤ 1,225 mg	≤ 1,110 mg	≤ 1,280 mg
Sodium Limit <i>Effective July 1, 2027</i>	≤ 935 mg	≤ 1,035 mg	≤ 935 mg	≤ 1,035 mg
Added Sugar <i>Effective July 1, 2027</i>	< 10%			
Trans Fat	0 g			

Specifications: Added Sugar (Product-Based Limits)	
Product	Added Sugar Limit <i>Effective July 1, 2025</i>
Breakfast Cereals	≤ 6 g of added sugars per dry oz
Flavored Milk	≤ 10 g of added sugars per 8 fl oz
Yogurt	≤ 12 g of added sugars per 6 oz (2 g of added sugars per oz)

Child and Adult Care Food Program · At-Risk Afterschool Meals

Snack Meal Pattern

Snacks served under the Child and Adult Care Food Program - At-Risk Afterschool Meals must meet the following meal pattern requirements.

Required Components at Snack: Select any two components to serve at snack. Only one of the two components may be a creditable beverage, such as milk or juice.

Food Components	Required Minimum Serving Size by Age Group				Additional Component Information
	Ages 1-2	Ages 3-5	Ages 6-18	Adults	
Fluid Milk	4 fl oz ½ cup	4 fl oz ½ cup	8 fl oz 1 cup	8 fl oz 1 cup	Fluid milk must be pasteurized. Participants 12-23 months must be served whole milk. Effective June 8, 2026, participants 2-5 years old may be served whole, reduced-fat (2 percent), low-fat (1 percent), or fat-free (skim) milk. Milk must be unflavored. Participants ages 6+ may be served flavored or unflavored whole, reduced-fat, low-fat, or fat-free milk. Adult Participants Only: 6 ounces or ¾ cup of yogurt may be used to meet the equivalent of 8 ounces of milk once per day when yogurt is not served as a meat alternate in the same meal.
Meat/Meat Alternates	½ oz	½ oz	1 oz eq	1 oz eq	Alternate Protein Products (APP) must meet the requirements in CFR 226 - Appendix A. Yogurts must contain no more than 12 grams of added sugars per 6 ounce.
Lean Meat, Poultry, Fish	½ oz	½ oz	1 oz	1 oz	
Tofu	½ oz	½ oz	1 oz	1 oz	
Cheese	½ oz	½ oz	1 oz	1 oz	
Large Egg	¼ large egg	¼ large egg	1/2 large egg	1/2 large egg	
Cooked dry beans/peas	⅓ cup	⅓ cup	¼ cup	¼ cup	
Nut/Seed Butter	1 tbsp	1 tbsp	2 tbsp	2 tbsp	
Yogurt	2 oz; ¼ cup	2 oz; ¼ cup	4 oz; ½ cup	4 oz; ½ cup	
Nuts or seeds	½ oz	½ oz	1 oz	1 oz	
Grains	½ oz eq	½ oz eq	1 oz eq	1 oz eq	All grains served must be either enriched, whole grain-rich, bran or germ. At least one serving per day must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirements. Breakfast cereals, including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of added sugars per dry ounce. The serving size for grains is measured in ounce equivalents (oz eq).
Vegetables	½ cup	½ cup	¾ cup	½ cup	Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day and must be pasteurized.
Fruits	½ cup	½ cup	¾ cup	½ cup	Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day and must be pasteurized.

School Breakfast Program

6-Day Meal Pattern

Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.

Serve Only		Offer Versus Serve				
• Minimum 3 items daily • Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate • Students must have all items at POS		• Minimum 4 items daily • Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) • Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12	
Fluid Milk (cups) Effective June 8, 2026, milk may be whole, reduced-fat (2%), low-fat (1%), fat-free, lactose-free, or a nutritionally equivalent nondairy fluid milk substitute. Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service. Flavored milk may have no more than 10 grams of added sugars per 8 fluid ounces.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
Fruit/Juice/Vegetable (cups) All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
Grains or Meat/Meat Alternates (oz eq) Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched. Breakfast cereals may have no more than 6 grams of added sugars per dry ounce. Yogurt may have no more than 12 grams of added sugars per 6 ounces.	1 oz eq daily 8.5-12 oz eq weekly	1 oz eq daily 9.5-12 oz eq weekly	1 oz eq daily 9.5-12 oz eq weekly	1 oz eq daily 11-12 oz eq weekly	1 oz eq daily 11-12 oz eq weekly	
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week						
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Saturated Fat (% of total calories) Weekly Average	≤ 10 (excluding saturated fat from milk used to meet the fluid milk component requirements)					
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540	
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485	
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10					

National School Lunch Program

6-Day Meal Pattern

Lunches served under the National School Lunch Program must meet the following meal pattern requirements.

Serve Only			Offer Versus Serve			
• Must prepare all 5 components in required amounts. • At POS: Students must take all 5 components in the minimum required amounts.			• Must prepare all five components in the required amounts. • At POS: Students must take at least 3 components in minimum required amounts, one of which must be at least ½ cup fruit or vegetable.			
Component Specifications: Daily and Weekly Amount Based on the Average for a 6-Day Week						
Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	3 (1/2)			6 (1)	All fruit juice must be 100% full-strength, and no more than half of the weekly fruit offerings may be in the form of juice.
	Serve Only: minimum amount required at POS	½			1	
	OVS: minimum amount to count at POS	½			½	Dried fruit credits as double its volume (e.g., ¼ cup dried fruit credits as ½ cup fruit).
Total Vegetable (cups)	Weekly (daily)	4 ½ (3/4)			6 (1)	All vegetable juice must be 100% full-strength, and no more than half of the weekly vegetable offerings may be in the form of juice.
	Serve Only: minimum amount required at POS	¾			1	
	OVS: minimum amount to count at POS	½			½	
Vegetable Subgroups (cups)		Minimum Weekly Amounts				
Dark Green		½			½	Minimum creditable amount to count towards a subgroup is 1/8 cup. Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).
Red/Orange		¾			1 ¼	
Beans, Peas, and Lentils		½			½	
Starchy		½			½	
Other		½			¾	
To meet weekly requirement, vegetables from ANY subgroup		1 ¾			2 ½	
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	9.5-11* (1)	9.5-12* (1)	9.5-11* (1)	12-14.5* (2)	At least 80% of the weekly grains offered must be whole grain-rich.
	Serve Only and OVS: Minimum to count as a component at POS	1	1	1	2	No more than 2 oz eq of the weekly grain offerings may be grain-based desserts.
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	9.5-12* (1)	11-12* (1)	11-12* (1)	12-14.5* (2)	
	Serve Only and OVS: Minimum to count as a component at POS	1	1	1	2	
Fluid Milk (cups)	Weekly (daily)	6 (1)				May be whole, reduced-fat (2%), low-fat (1%), fat-free, lactose-free, or a nutritionally equivalent nondairy fluid milk substitute. May be flavored or unflavored, provided that unflavored milk is offered at each meal service.

National School Lunch Program Dietary Specifications

Lunches served under the National School Lunch Program must meet the following dietary specifications.

Dietary specifications are based on average daily amounts and are unaffected by varying week lengths (average over the length of the week, whether consisting of 3 to 7 days).

Dietary Specifications				
Grades	K-5	6-8	K-8	9-12
Minimum - Maximum Calories (kcal)	550-650 kcal	600-700 kcal	600-650 kcal	750-850 kcal
Saturated Fat (% of calories)	< 10% (excluding saturated fat from milk used to meet the fluid milk component requirements)			
Sodium Interim Target 1A (mg) <i>Ends June 30, 2027</i>	≤ 1,110 mg	≤ 1,225 mg	≤ 1,110 mg	≤ 1,280 mg
Sodium Limit <i>Effective July 1, 2027</i>	≤ 935 mg	≤ 1,035 mg	≤ 935 mg	≤ 1,035 mg
Added Sugar <i>Effective July 1, 2027</i>	< 10%			
Trans Fat	0 g			

Specifications: Added Sugar (Product-Based Limits)	
Product	Added Sugar Limit <i>Effective July 1, 2025</i>
Breakfast Cereals	≤ 6 g of added sugars per dry oz
Flavored Milk	≤ 10 g of added sugars per 8 fl oz
Yogurt	≤ 12 g of added sugars per 6 oz (2 g of added sugars per oz)

Child and Adult Care Food Program · At-Risk Afterschool Meals

Snack Meal Pattern

Snacks served under the Child and Adult Care Food Program - At-Risk Afterschool Meals must meet the following meal pattern requirements.

Required Components at Snack: Select any two components to serve at snack. Only one of the two components may be a creditable beverage, such as milk or juice.

Food Components	Required Minimum Serving Size by Age Group				Additional Component Information
	Ages 1-2	Ages 3-5	Ages 6-18	Adults	
Fluid Milk	4 fl oz ½ cup	4 fl oz ½ cup	8 fl oz 1 cup	8 fl oz 1 cup	Fluid milk must be pasteurized. Participants 12-23 months must be served whole milk. Effective June 8, 2026, participants 2-5 years old may be served whole, reduced-fat (2 percent), low-fat (1 percent), or fat-free (skim) milk. Milk must be unflavored. Participants ages 6+ may be served flavored or unflavored whole, reduced-fat, low-fat, or fat-free milk. Adult Participants Only: 6 ounces or ¾ cup of yogurt may be used to meet the equivalent of 8 ounces of milk once per day when yogurt is not served as a meat alternate in the same meal.
Meat/Meat Alternates	½ oz	½ oz	1 oz eq	1 oz eq	Alternate Protein Products (APP) must meet the requirements in CFR 226 - Appendix A. Yogurts must contain no more than 12 grams of added sugars per 6 ounce.
Lean Meat, Poultry, Fish	½ oz	½ oz	1 oz	1 oz	
Tofu	½ oz	½ oz	1 oz	1 oz	
Cheese	½ oz	½ oz	1 oz	1 oz	
Large Egg	¼ large egg	¼ large egg	1/2 large egg	1/2 large egg	
Cooked dry beans/peas	⅓ cup	⅓ cup	¼ cup	¼ cup	
Nut/Seed Butter	1 tbsp	1 tbsp	2 tbsp	2 tbsp	
Yogurt	2 oz; ¼ cup	2 oz; ¼ cup	4 oz; ½ cup	4 oz; ½ cup	
Nuts or seeds	½ oz	½ oz	1 oz	1 oz	
Grains	½ oz eq	½ oz eq	1 oz eq	1 oz eq	All grains served must be either enriched, whole grain-rich, bran or germ. At least one serving per day must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirements. Breakfast cereals, including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of added sugars per dry ounce. The serving size for grains is measured in ounce equivalents (oz eq).
Vegetables	½ cup	½ cup	¾ cup	½ cup	Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day and must be pasteurized.
Fruits	½ cup	½ cup	¾ cup	½ cup	Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day and must be pasteurized.

School Breakfast Program

7-Day Meal Pattern

Breakfasts served under the School Breakfast Program must meet the following meal pattern requirements.

Serve Only		Offer Versus Serve				
• Minimum 3 items daily • Must prepare each of the 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain/Meat or Meat Alternate • Students must have all items at POS		• Minimum 4 items daily • Must prepare each of the 3 required items in required amounts along with 1 additional item (Fruit, Juice, Vegetable, Grain, or Meat/Meat Alternate) • Students must have at least 3 items at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12	
Fluid Milk (cups) Effective June 8, 2026, milk may be whole, reduced-fat (2%), low-fat (1%), fat-free, lactose-free, or a nutritionally equivalent nondairy fluid milk substitute. Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service. Flavored milk may have no more than 10 grams of added sugars per 8 fluid ounces.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
Fruit/Juice/Vegetable (cups) All juice must be 100% full-strength, and no more than half of the weekly offerings may be in the form of juice.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
Grains or Meat/Meat Alternates (oz eq) Schools may offer grains, meats/meat alternates, or a combination of both. At least 80 percent of grains offered weekly must be whole grain-rich, and the remaining grain items offered must be enriched. Breakfast cereals may have no more than 6 grams of added sugars per dry ounce. Yogurt may have no more than 12 grams of added sugars per 6 ounces.	1 oz eq daily 10-14 oz eq weekly	1 oz eq daily 11-14 oz eq weekly	1 oz eq daily 11-14 oz eq weekly	1 oz eq daily 12.5-14 oz eq weekly	1 oz eq daily 12.5-14 oz eq weekly	
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week						
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Saturated Fat (% of total calories) Weekly Average	≤ 10 (excluding saturated fat from milk used to meet the fluid milk component requirements)					
Sodium (mg) Weekly Average <i>In place through June 30, 2027</i>	≤ 540	≤ 600	≤ 540	≤ 640	≤ 540	
Sodium (mg) Weekly Average <i>Must be implemented by July 1, 2027</i>	≤ 485	≤ 535	≤ 485	≤ 570	≤ 485	
Added Sugars (% of total calories) <i>Must be implemented by July 1, 2027</i>	≤ 10					

National School Lunch Program

7-Day Meal Pattern

Lunches served under the National School Lunch Program must meet the following meal pattern requirements.

Serve Only			Offer Versus Serve			
• Must prepare all 5 components in required amounts. • At POS: Students must take all 5 components in the minimum required amounts.			• Must prepare all five components in the required amounts. • At POS: Students must take at least 3 components in minimum required amounts, one of which must be at least ½ cup fruit or vegetable.			
Component Specifications: Daily and Weekly Amount Based on the Average for a 7-Day Week						
Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	3 ½ (1/2)			7 (1)	All fruit juice must be 100% full-strength, and no more than half of the weekly fruit offerings may be in the form of juice. Dried fruit credits as double its volume (e.g., ¼ cup dried fruit credits as ½ cup fruit).
	Serve Only: minimum amount required at POS	½			1	
	OVS: minimum amount to count at POS	½			½	
Total Vegetable (cups)	Weekly (daily)	5 ¼ (3/4)			7 (1)	All vegetable juice must be 100% full-strength, and no more than half of the weekly vegetable offerings may be in the form of juice.
	Serve Only: minimum amount required at POS	¾			1	
	OVS: minimum amount to count at POS	½			½	
Vegetable Subgroups (cups)		Minimum Weekly Amounts				
Dark Green		½			½	Minimum creditable amount to count towards a subgroup is 1/8 cup. Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).
Red/Orange		¾			1 ¼	
Beans, Peas, and Lentils		½			½	
Starchy		½			½	
Other		½			¾	
To meet weekly requirement, vegetables from ANY subgroup		2 1/2			3 ½	
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	11-12.5* (1)	11-14* (1)	11-12.5* (1)	14-17* (2)	At least 80% of the weekly grains offered must be whole grain-rich.
	Serve Only and OVS: Minimum to count as a component at POS	1	1	1	2	No more than 2 oz eq of the weekly grain offerings may be grain-based desserts.
Meat/Meat Alternate (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	11-14* (1)	12.5-14* (2)	12.5-14* (2)	14-17* (2)	
	Serve Only and OVS: Minimum to count as a component at POS	1	1	1	2	
Fluid Milk (cups)	Weekly (daily)	7 (1)				May be whole, reduced-fat (2%), low-fat (1%), fat-free, lactose-free, or a nutritionally equivalent nondairy fluid milk substitute. May be flavored or unflavored, provided that unflavored milk is offered at each meal service.

National School Lunch Program

Dietary Specifications

Lunches served under the National School Lunch Program must meet the following dietary specifications.

Dietary specifications are based on average daily amounts and are unaffected by varying week lengths (average over the length of the week, whether consisting of 3 to 7 days).

Dietary Specifications				
Grades	K-5	6-8	K-8	9-12
Minimum - Maximum Calories (kcal)	550-650 kcal	600-700 kcal	600-650 kcal	750-850 kcal
Saturated Fat (% of calories)	< 10% <i>(excluding saturated fat from milk used to meet the fluid milk component requirements)</i>			
Sodium Interim Target 1A (mg) <i>Ends June 30, 2027</i>	≤ 1,110 mg	≤ 1,225 mg	≤ 1,110 mg	≤ 1,280 mg
Sodium Limit <i>Effective July 1, 2027</i>	≤ 935 mg	≤ 1,035 mg	≤ 935 mg	≤ 1,035 mg
Added Sugar <i>Effective July 1, 2027</i>	< 10%			
Trans Fat	0 g			

Specifications: Added Sugar (Product-Based Limits)	
Product	Added Sugar Limit <i>Effective July 1, 2025</i>
Breakfast Cereals	≤ 6 g of added sugars per dry oz
Flavored Milk	≤ 10 g of added sugars per 8 fl oz
Yogurt	≤ 12 g of added sugars per 6 oz (2 g of added sugars per oz)

Child and Adult Care Food Program · At-Risk Afterschool Meals

Snack Meal Pattern

Snacks served under the Child and Adult Care Food Program - At-Risk Afterschool Meals must meet the following meal pattern requirements.

Required Components at Snack: Select any two components to serve at snack. Only one of the two components may be a creditable beverage, such as milk or juice.					
Food Components	Required Minimum Serving Size by Age Group				Additional Component Information
	Ages 1-2	Ages 3-5	Ages 6-18	Adults	
Fluid Milk	4 fl oz ½ cup	4 fl oz ½ cup	8 fl oz 1 cup	8 fl oz 1 cup	Fluid milk must be pasteurized. Participants 12-23 months must be served whole milk. Effective June 8, 2026, participants 2-5 years old may be served whole, reduced-fat (2 percent), low-fat (1 percent), or fat-free (skim) milk. Milk must be unflavored. Participants ages 6+ may be served flavored or unflavored whole, reduced-fat, low-fat, or fat-free milk. Adult Participants Only: 6 ounces or ¾ cup of yogurt may be used to meet the equivalent of 8 ounces of milk once per day when yogurt is not served as a meat alternate in the same meal.
Meat/Meat Alternates	½ oz	½ oz	1 oz eq	1 oz eq	Alternate Protein Products (APP) must meet the requirements in CFR 226 - Appendix A. Yogurts must contain no more than 12 grams of added sugars per 6 ounce.
Lean Meat, Poultry, Fish	½ oz	½ oz	1 oz	1 oz	
Tofu	½ oz	½ oz	1 oz	1 oz	
Cheese	½ oz	½ oz	1 oz	1 oz	
Large Egg	¼ large egg	¼ large egg	1/2 large egg	1/2 large egg	
Cooked dry beans/peas	⅓ cup	⅓ cup	¼ cup	¼ cup	
Nut/Seed Butter	1 tbsp	1 tbsp	2 tbsp	2 tbsp	
Yogurt	2 oz; ¼ cup	2 oz; ¼ cup	4 oz; ½ cup	4 oz; ½ cup	
Nuts or seeds	½ oz	½ oz	1 oz	1 oz	
Grains	½ oz eq	½ oz eq	1 oz eq	1 oz eq	All grains served must be either enriched, whole grain-rich, bran or germ. At least one serving per day must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirements. Breakfast cereals, including hot cereal and ready-to-eat cereal, must contain no more than 6 grams of added sugars per dry ounce. The serving size for grains is measured in ounce equivalents (oz eq).
Vegetables	½ cup	½ cup	¾ cup	½ cup	Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day and must be pasteurized.
Fruits	½ cup	½ cup	¾ cup	½ cup	Full-strength juice may only be offered to meet the vegetable or fruit requirement at one meal or snack, per day and must be pasteurized.