

USDA Meal Pattern



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2026 New Managers' Training
July 7-8, 2026
ALSDE CNP School Programs



Healthy Hunger Free Kids Act 2010 (HHFKA)

Changes to the School Breakfast Program (SBP) and National School Lunch Program (NSLP) were to address obesity and nutrition issues.



School Breakfast Program



School Breakfast Program (SBP) Meal Pattern



School Breakfast Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Meal Components	Amount of Food ¹ per Week (minimum per day)		
Fruits (cups) ²	5 (1)	5 (1)	5 (1)
Vegetables (cups) ²	0	0	0
Dark Green Subgroup	0	0	0
Red/Orange Subgroup	0	0	0
Beans, Peas, and Lentils Subgroup	0	0	0
Starchy Subgroup	0	0	0
Other Vegetables Subgroup	0	0	0
Grains or Meats/Meat Alternates (oz. eq) ³	7-10 (1)	8-10 (1)	9-10 (1)
Fluid Milk (cups) ⁴	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week⁵			
Minimum-Maximum Calories (kcal)	350-500	400-550	450-600
Saturated Fat (% of total calories)	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤540 mg	≤600 mg	≤640 mg
Sodium Limit: Must be implemented by July 1, 2027	≤485 mg	≤535 mg	≤570 mg

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

² Minimum creditable serving is $\frac{1}{8}$ cup. Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Schools may substitute vegetables for fruit at breakfast as described in paragraphs (c)(2)(i) and (ii) of this section.

³ Minimum creditable serving is 0.25 oz. eq. School may offer grains, meats/meat alternates, or a combination of both to meet the daily and weekly ounce equivalents for this combined component. At least 80 percent of grains offered weekly at breakfast must be whole grain-rich as defined in § 210.2 of this chapter, and the remaining grain items offered must be enriched.

⁴ 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.

⁵ By July 1, 2027, schools must meet the dietary specification for added sugars. Schools must meet 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.

[School Breakfast Meal Pattern Chart \(azureedge.us\)](https://azureedge.us)

Meal Components



- Fruits



- Grains/Meat-Meat Alternatives



- Fluid Milk

Serving Options

Offer vs Serve (OVS)

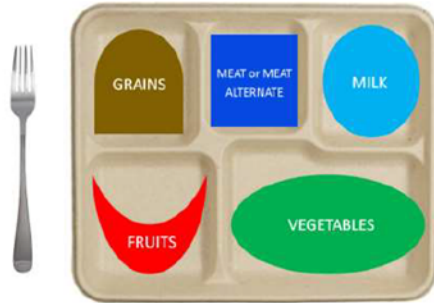
- *Optional for all grade levels*
- Must offer 4 items from the 3 required components.

Serve

- *Optional for all grade levels*
- Must serve 4 items from the 3 required components.
 - May serve additional items if desired

Offer vs. Serve (OVS): What Must Be Taken

BREAKFAST Offer Versus Serve



Milk
Fruit or Vegetable
Grain
Grain or Meat/Meat Alternate

- Choose at least three (3) of the items offered.
- Must choose at least $\frac{1}{2}$ cup fruit or vegetable.

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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.
This institution is an equal opportunity provider.

Students must choose three items
and one must be a:

$\frac{1}{2}$ cup of fruit OR

$\frac{1}{2}$ cup of vegetable

Fruits

- Fruit requirement of 1 cup for all age groups
- Minimum of 1/8 cup serving can count towards the 1 cup
- No more than half of fruit may be 100% fruit juice
- Pureed fruit served in smoothie must credit as juice
- Dried (1/4 cup of dried fruit credits as a 1/2 cup)

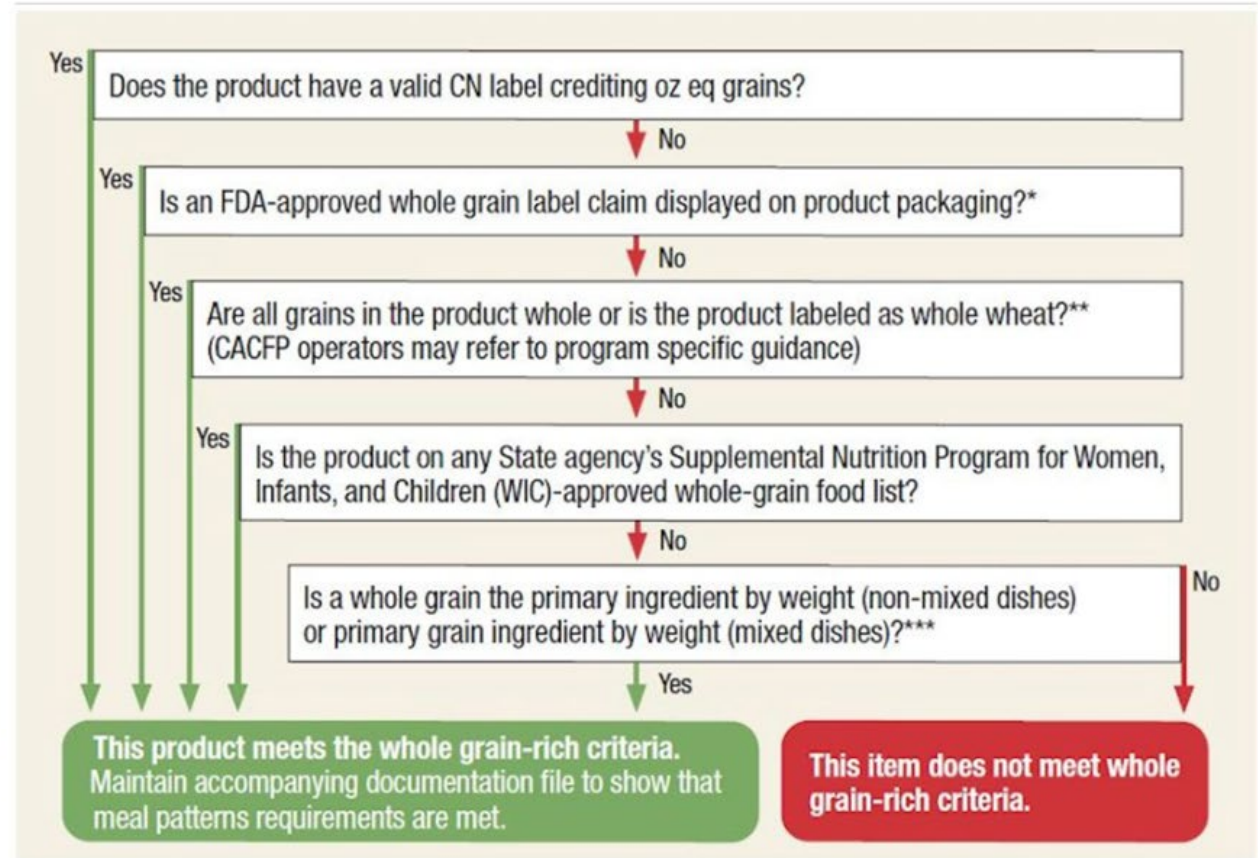
Grains

- 80% of grains must be whole grain rich.
- No maximum servings of grains.
- Schools may offer grains, meat/meat alternates, or a combination of both, to meet the minimum ounce equivalents.
- Cereal can contain no more than 6 grams of added sugar per dry ounce
- Yogurt can contain no more than 12 grams of added sugar per 6 ounces (2 grams of added sugars per ounce)

Is the product whole grain rich?

Interactive Flow Chart to Determine If a Product Meets the Whole Grain-Rich Criteria

Flow Chart - Does My Product Meet the Whole-Grain-Rich Criteria?



- * For the NSLP and SBP, any refined grains included in the product must be enriched, in addition to having a FDA whole grain health claim. To demonstrate compliance with the whole grain-rich criteria in the CACFP, the FDA whole grain health claim is sufficient documentation.
- ** Nixtamalized corn, (i.e., corn treated with lime), such as hominy, corn masa, and masa harina, are considered whole grain when evaluating products for meal requirements. In School Meal Programs, non-creditable ingredients should be limited to no more than 0.24 oz eq (3.99 grams for Groups A-G or 6.99 grams for Groups H or I of the Exhibit A). All other refined grains must be enriched. The CACFP operators may refer to appropriate regulatory guidance for additional information.
- *** At least half of the grains in the product must be whole grains, with any remaining grains being enriched. Nixtamalized corn, (i.e., corn treated with lime), such as hominy, corn masa, and masa harina, are considered whole grain when evaluating products for meal requirements. When determining this in grams, at least 8 grams per oz should be whole grain for items located in Groups A-G or at least 14 grams for items located in Groups H and I of Exhibit A.

To Carry CN Labels, Eligible Products Must:

EVERYDAY
NUTRITION

EDUCATION

The Child Nutrition (CN) Label is a product label which contains a statement from the USDA Food and Nutrition Service that clearly identifies the contribution that product makes towards the CN meal pattern requirements.

Nutrition Label

BREADED DINOSAUR

SHAPED CHICKEN NUGGETS WITH 100% RIB MEAT

INGREDIENTS: Contains Up To 20% Solution Of Water, Salt, And Sodium Phosphates, Breaded, Battered And Predusted With: Bleached Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Modified Corn Starch, Salt, Less Than 2% Of Each Of The Following: Yellow Corn Flour, Spices, Leavening, (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Flavor (Maltodextrin, Autolyzed Yeast Extract, Flavor, Hydrolyzed Corn Gluten), Soybean Oil, Dried Garlic, Dried Onion, Silicon Dioxide Added As An Anticaking Agent. Coated With: Wheat Flour, Breading Set In Vegetable Oil.

CONTAINS: EGG, SOY, WHEAT
HEATING INSTRUCTIONS: From Frozen: Heat in Convection Oven for 5-8 minutes at 375°F.
Convectional Oven for 7-10 minutes at 400°F. Appliances vary, adjust cook times accordingly.

Nutrition Facts

24 servings per container

Serving Size 5 Nuggets (125g)

Amount Per Serving

Calories 230

Total Fat 10g 15%
Saturated Fat 2.5g 13%
Trans Fat 0g

Cholesterol 55mg 18%
Sodium 560mg 28%
Total Carbohydrate 16g 5%

Dietary Fiber 0g 0%
Sugars 0g
Protein 16g

% Daily Values **

Vitamin D 1mcg 5%
Calcium 28mg 2%
Iron 4mg 10%
Potassium 120mg 3%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



CN 000000
Five .88oz breaded fully cooked chicken nuggets (2.43 oz Total) provide 2.00 oz equivalent meal/meat alternate and 1.00 serving bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 00-00.)
CN

FULLY COOKED • KEEP FROZEN
PACKED 120 - .88OZ. (25G) • NET WT 6.6 LB

CN Label

Six Digit ID#
Assigned by the FNS USDA.

Month/Year
Date of approval. Valid for five years or until product formulation changes.

THE
MATH

Equivalent Calculation Lunch/Supper*

Meat

1 & 2 year olds (1 oz) = 3 nuggets

3-5 year olds (1.5 oz) = 4 nuggets

6-12 year olds (2 oz) = 5 nuggets

Grain

1 & 2 year olds (1/2 oz) = 3 nuggets

3-5 year olds (1/2 oz) = 3 nuggets

6-12 year olds (1 oz) = 5 nuggets

Child Nutrition labels do NOT indicate that a product is healthy. CN labels are mainly used on processed meats and meat alternate products. If using CN labeled foods, always read the nutrition labels to choose the healthiest option.

*The crediting here is specific to the nuggets shown in the example above. Be sure to check the label or nutrition information for all foods you serve to make sure you are meeting minimum requirements.



Learn more at cacfp.org
This institution is an equal opportunity provider.

1. Be produced under Federal inspection.
2. Have the contribution toward meal pattern requirements determined using yields in the USDA Food Buying Guide for Child Nutrition Programs.
3. Have the product formulation.



CN Label Examples

FOSTER FARMS **095121**

00075278951217

WHOLE GRAIN, MAPLE FLAVORED PANCAKE WRAPS

WHOLE GRAIN PANCAKE BATTER AROUND A PRE-COOKED GROUND TURKEY AND TEXTURED VEGETABLE PROTEIN LINK ON A STICK

BEST IF USED BY SEP/03/2021

KEEP FROZEN

GROUND TURKEY AND VEGETABLE PROTEIN LINK INGREDIENTS: Ground Turkey, Mechanically Separated Turkey, Water, Textured Vegetable Protein Product (Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin), Contains 2% Or Less Of Salt, Potassium Lactate, Potassium Acetate, Spices, Sodium Phosphate, Potassium Chloride, Sugar, Natural Flavoring, Sodium Diacetate, Sodium Nitrite.

BATTER INGREDIENTS: Water, Whole Wheat Flour, Sugar, Soybean Oil, Contains Less Than 2% Of Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Maple Flavor (Modified Corn Starch, Stevia Leaf Extract [Natural Sweetener], Natural Flavor, Pure Maple Syrup), Soy Flour, Salt, Natural Flavor, Egg Yolk, Fried In Vegetable Oil.

CONTAINS WHEAT, SOY, AND EGGS

CN 098234

Each 2.85 oz. Foster Farms Pancake Batter Wrapped Ground Turkey And Textured Vegetable Protein Link Provides 1.00 oz. Equivalent Meat/Meat Alternate And 1.00 oz. Equivalent Grains For Child Nutrition Meal Pattern Requirements. (Use Of This Logo And Statement Authorized By The Food And Nutrition Service, USDA 08-15).

CN

INSPECTED FOR WHOLESOME BY U.S. DEPARTMENT OF AGRICULTURE P-6137B

Copy not for documenting Federal meal requirements.

NET WT. 10.00 LBS.

FOSTER FARMS LIVINGSTON, CA 95334

10

075 - 0247 - 0006

CN 093241

Each 4.48 oz. Pizza with Fat Reduced Pepperoni provides 2.00 oz. equivalent meat/meat alternate, 2.00 oz. equivalent grains, and 1/8 cup red/orange vegetable for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 08-15).

CN



Conagra Foodservice
222 W. Merchandise Mart Plaza, Suite 1300
Chicago, IL 60654
TEL: 402-240-4000

Krusteaz Whole Grain Pancakes 4" 144 CT-1.4 OZ GTIN 106 86151 80349 2

Nutrition Facts	
48 Servings Per Container	
Serving Size	3 Pancakes (120g)
Amount Per Serving	
Calories	240
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 610mg	27%
Total Carbohydrate 46g	17%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 6g Added Sugars	12%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	10%
Potassium 230mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

11% calories from fat, 2% calories from Sat Fat, 7% sugar by weight

CHILD NUTRITION IDENTIFICATION

This product is not CN Labeled, however, we certify the above is true and that one 120g serving contributes 3.00 OR 3.50 oz equivalent grains towards child nutrition meal pattern requirements depending upon your school district's method of acceptable calculation. This product has not been evaluated by the FNS, USDA.

WHOLE GRAIN CONTRIBUTION

The weight of all grain ingredients is at minimum 50g. There are 43g of whole grain in the product providing at least 51% whole grain per serving.

HEATING INSTRUCTIONS

Microwave Oven: Remove frozen pancakes from wrapping. Place pancakes in stacks of two on a microwave-safe dish. Heat on full power(High) according to the number of slices being heated.

Heating times based on portion size and power of microwave.

Microwave Power	1 Pancake	2 Pancakes	3 Pancakes	6 Pancakes
650 Watt	45 – 55 sec	1:10 – 1:20 min	1:45 – 1:55 min	3:20 – 3:45 min
1000 Watt	25 – 35 sec	40 – 50 sec	55 sec – 1:05 min	1:50 – 2:00 min

Important: Microwave heating times may vary, so adjust accordingly. It is not recommended to heat more than 6 pancakes at a time.

Overcooking may toughen pancakes.

Conventional Oven: Preheat oven to 375°F. Remove frozen pancakes from wrapping. Arrange in a single layer, with edges touching, on an ungreased baking sheet. Cover tightly with foil. Bake at 375°F for 14 to 16 minutes.

Convection Oven: Thaw pancakes overnight under refrigeration. To heat thawed pancakes, place sealed pans in a 350°F oven on low fan speed for 8-10 minutes.

INGREDIENTS

Whole Wheat Flour, Water, Whey, Buttermilk, Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Less Than 2% Of: Eggs, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Dextrose, Soybean And/Or Canola Oil, Salt, Soy Lecithin. CONTAINS: EGG, MILK, SOY, WHEAT.

ALLERGENS	Egg, Milk, Soy, Wheat
Product Facts	
Frozen Shelf Life	360 Days
Case Dimensions (LxWxH)	19.375 x 14.375 x 6.875
Case Cube (ft3)	1.108
Pattern Tie x High = Total cases	6 x 12 = 72
Gross Wt (lbs)	13.720
Net Wt (lbs)	12.699
Kosher	Kof-K Dairy
Country of Origin Information	
Finished Product	USA
Buy American	Yes

This specification was last updated on 1/20/2022

OTHER GTIN #	
Case	10686151803492
Each	60086151803495
Pallet	50686151803490

Shawn Fear

Shawn Fear
Director of Quality, Conagra Brands
SpecsandInquiries@conagra.com



INGREDIENTS:

WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, HYDROGENATED SOYBEAN OIL*, SUGAR, BUTTERMILK, SODIUM ALUMINUM PHOSPHATE, SALT, BAKING SODA, SODIUM CASEINATE, DATEM, NONFAT MILK, CALCIUM ACID PYROPHOSPHATE, WHEY PROTEIN CONCENTRATE, POTASSIUM BICARBONATE, WHEY, WHEAT PROTEIN ISOLATE, CREAM, NATURAL FLAVOR.

*Adds A Negligible Amount of Trans Fat.

CONTAINS WHEAT AND MILK INGREDIENTS

Nutrition Facts			
Serving Size 1 biscuit (1 g)			
Servings Per Container 210			
Amount Per Serving			
Calories			
Calories from Fat			
Total Fat 5g			
Saturated Fat 2.5g			
Trans Fat 0g			
Cholesterol 0mg			
Sodium 250mg			
Total Carbohydrate 16g			
Dietary Fiber 1g			
Sugars 1g			
Protein 3g			
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	2%
Thiamin	4%	Riboflavin	2%
Niacin	2%	Folic Acid	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

CHILD NUTRITION PROGRAM: 1 BISCUIT = 1 OZ EQ GRAIN

IMPORTANT: The Nutrition Facts values are accurate only if nothing has been added (e.g., egg wash, icing, etc.) If left blank, you must fill in the correct baked weight for serving size, servings per container, and net weight.

Dietary Fiber	3.2 g
Sugars	3.6 g
Protein	7.3 g
Vitamin A	0.0 IU
Vitamin C	0.0 mg
Calcium	105.0 mg
Iron	0.9 mg
Thiamin	0.2 mg
Riboflavin	0.1 mg
Niacin	1.0 mg
Folic Acid	21.0 mcg

CHILD NUTRITION PROGRAM: 1 BISCUIT = 1 OZ EQ GRAIN

IMPORTANT: The Nutrition Facts values are accurate only if nothing has been added (e.g., egg wash, icing, etc.) If left blank, you must fill in the correct baked weight for serving size, servings per container, and net weight.

IMPORTANT: The Nutrition Information is given in unrounded figures so that it can be combined with other ingredients used in making up finished products.

The most accurate label information for package contents will always be on the product label. This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.

QUESTIONS? Call 1-800-767-5404
GENERAL MILLS * P.O. Box 200 - FS * MINNEAPOLIS, MINNESOTA 55440

I certify that the information contained in this document is true and correct as of the date above. Seema Chopra - General Mills Product Labeling

Crediting Grains



Whole Grain Resource for the National School Lunch and School Breakfast Programs

A Guide To Meeting the Whole Grain-Rich Criteria

FNS-464

Whole Grain Resource
for the National School Lunch and School Breakfast Programs
A Guide To Meeting the Whole Grain-Rich Criteria

FNS-464

Fluid Milk

Allowable milk options include (unflavored or flavored):

- Whole
- Reduced-fat (2%)
- Low-fat (1%)
- Fat-free (skim)
- Lactose-free and lactose-reduced milk

Must offer at least two choices.

- One choice must be unflavored milk

Students may decline milk component under OVS.

No more than 10 grams of added sugar per 8 fluid ounces.

The saturated fat from milk is excluded from the nutrient analysis.

Fluid Milk

Milk substitutes must provide the same nutritional content as cow's milk (e.g., soy beverages).



Milk Substitute Nutrition Standards

Nutrient	Per Cup
Calcium	276 mg
Protein	8 g
Vitamin A	500 IU
Vitamin D	100 IU
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	.44 mg
Vitamin B-12	1.1 mcg



Dietary Specifications

Weekly Average Requirements

- Calories
- Sodium
- Saturated fat

Daily Requirements

- Trans fat

Daily Amount Based on the Average for a 5-Day Week⁵

Dietary Specifications	Grades K-5	Grades 6-8	Grades 9-12
Minimum-maximum calories (kcal)	350–500	400–550	450–600
Saturated fat (% of total calories)	< 10	< 10	< 10
Added sugars (% of total calories) - must be implemented by July 1, 2027	< 10	< 10	< 10
Sodium limit - in place through June 30, 2027	≤ 540 mg	≤ 600 mg	≤ 640 mg
Sodium limit - must be implemented by July 1, 2027	≤ 485 mg	≤ 535 mg	≤ 570 mg

CACFP Pre-K Meal Pattern

Co-mingled:

- Pre-K students and K-5 students are served in the same service/dining area at the same time
- Provide Breakfast/lunch schedule (by grade level)
- K-5 Meal Pattern (Optional)
- OVS (Optional)

Non-Comingled:

- CACFP Meal Pattern for 3-5 year old children
- Menu
- Production Record
- Serve Only (OVS not an option for Pre-k age students)

CACFP Pre-K

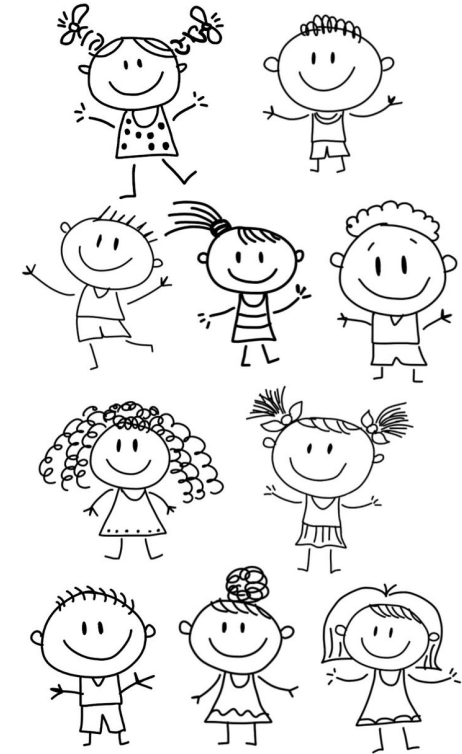
Requirements:

- Milk must be unflavored, but can be whole, reduced-fat (2%), low-fat (1%), or fat-free (skim)
- Fruit juice may only be served one time per day

Grain-Based Desserts may not be served as the grains to non-comingled Pre-K:

- Cookies (includes vanilla wafers)
- Dessert pies, fruit cobblers, and fruit turnovers
- Doughnuts (frosted or unfrosted)
- Cereal bars, breakfast bars, or granola bars
- Sweet roll (frosted or unfrosted)
- Toaster pastry (frosted or unfrosted)
- Cake (frosted or unfrosted)

• Brownies



National School Lunch Program

the
School Day
just got
Healthier

National School Lunch Program (NSLP) Meal Pattern



National School Lunch Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Meal Components	Amount of Food ¹ per Week		
	(minimum per day)		
Fruits (cups) ²	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups) ²	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark Green Subgroup ³	½	½	½
Red/Orange Subgroup ³	¾	¾	1 ¼
Beans, Peas, and Lentils Subgroup ³	½	½	½
Starchy Subgroup ³	½	½	½
Other Vegetables Subgroup ^{3 4}	½	½	¾
Additional Vegetables from Any Subgroup to Reach Total	1	1	1 ½
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)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤1,110 mg	≤1,225 mg	≤1,280 mg
Sodium Limit: Must be implemented by 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 1/8 cup. One quarter-cup of dried fruit counts as 1/2 cup of fruit; 1 cup of leafy greens counts as 1/2 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)(ii)(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 of this chapter, 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 By July 1, 2027, schools must meet the dietary specification for added sugars. Schools must meet 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.

[National School Lunch Program Meal Pattern Chart \(azureedge.us\)](https://www.azureedge.us)

USDA Meal Pattern: Lunch

Meal Components



- Meat-Meat Alternates
- Grains
- Fruits
- Vegetables
- Fluid milk

Serving Options

Offer vs Serve (OVS)

- *Mandatory for grades 9-12*
- Must offer all 5 components

Serve

- *Optional for grades K-8*
- Must serve all 5 components

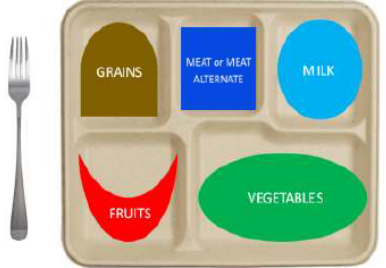
Offer vs. Serve (NSLP): What Must Be Taken

Students must choose at least three components and one must be a:

- ½ cup of fruit OR
- ½ cup of vegetable

LUNCH

Offer Versus Serve



Milk
Fruit
Vegetable
Grain
Meat or Meat Alternate

- Choose at least three (3) of the components offered.
- Must choose at least ½ cup fruit or vegetable.

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.
This institution is an equal opportunity provider.

Fruits

Fruit choices:

- Fresh/cut (preferred)
- Frozen without added sugar
- Canned in juice/light syrup

Utilize the Food Buying Guide for whole fruit crediting.



Food Buying Guide for Child Nutrition Programs

U.S. DEPARTMENT OF AGRICULTURE



Food Buying Guide for Child Nutrition Programs Interactive Web-Based Tool

The interactive Food Buying Guide allows for easy searching, navigating, and displaying of content. In addition, users can compare yield information, create a favorite foods list, and access tools, such as:

- The FBG Calculator
- Exhibit A Grains Tool
- Download Food Buying Guide
- Recipe Analysis Workbook (RAW), and
- Product Formulation Statement (PFS) Workbook.

Create a profile in order to save the following: food items in your Favorites list, shopping lists created by the FBG Calculator, analyzed recipes using the RAW, and Product Formulation Statements.

PLEASE NOTE: An USDA eAuthentication account is needed to access the tool. New and existing users who have an USDA eAuthentication account can proceed to the Tool by clicking on the 'Login or Create a Profile' button.

If you do not have an USDA eAuthentication Account, go to [Create Account](#). You will immediately receive an email with a link to activate your account with one simple click.

Contact cnptab@usda.gov for assistance in accessing the site.

Login or Create a Profile

OR

Continue as a Guest User

Select Organization Type ▼

Enter

An Essential Resource

FBG Food Buying Guide

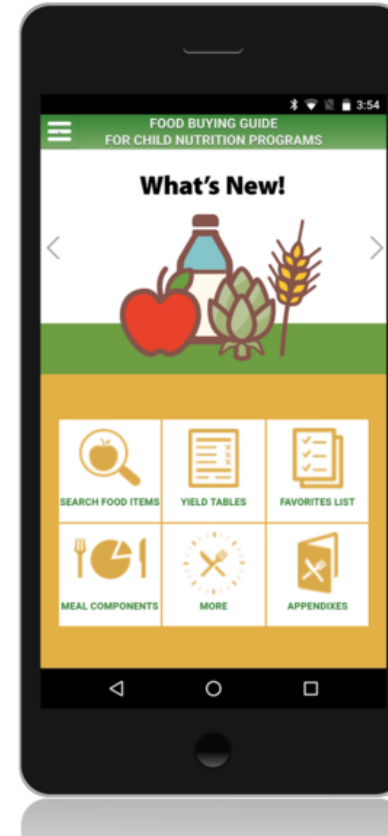
<https://foodbuyingguide.fns.usda.gov/Home/Home>

Food Buying Guide Mobile App

Food Buying Guide Mobile App

The Food Buying Guide (FBG) is the essential resource for food yield information for all Child Nutrition Programs (CNP). The FBG assists CNP operators, food manufacturers, and other stakeholders with:

- Purchasing the correct amounts of foods for Child Nutrition meal programs
- Determining the contribution that each food makes toward meal pattern requirements



Search and locate yield information for foods typically served in Child Nutrition Programs.



Compare yield information to determine the foods that best meet your program needs.



Create a favorites list of food items!



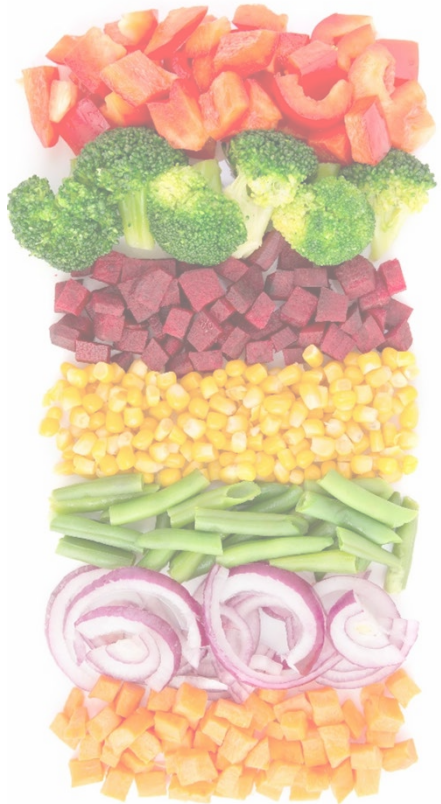
Email and print search results, food comparisons, and favorites list

The Food Buying Guide Mobile App also includes access to narrative content which provides:

- Child Nutrition Program-specific information for meeting meal pattern requirements
- Helpful information related to food purchasing and how to utilize food yield information in the FBG
- Additional resources related to meal pattern requirements and menu planning for CNPs.

The FBG Mobile App is currently available on the [iOS](#) and [Android](#) platforms.

Vegetables



Lunch Meal Pattern			
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Vegetables (cups)	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans, Peas, and Lentils	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Veggies from Any Subgroup to Reach Total	1	1	1.5

Weekly minimums of all vegetable subgroups are required.

Vegetables - Dark Green

- ◆ Bok Choy
- ◆ Broccoli
- ◆ Chard
- ◆ Collard Greens
- ◆ Dark Green Leaf Lettuce
- ◆ Kale
- ◆ Mesclun
- ◆ Mustard Greens
- ◆ Romaine Lettuce
- ◆ Spinach
- ◆ Turnip Greens
- ◆ Watercress

Breakfast

Not required

Lunch

Grades K–5: ½ cup/week

Grades 6–8: ½ cup/week

Grades 9–12: ½ cup/week

Larger amounts may be served



Vegetables - Dark Green



Crediting Leafy Greens

Raw leafy green vegetables count as $\frac{1}{2}$ of the measured amount.

- 1 cup of raw leafy greens counts as $\frac{1}{2}$ cup vegetable.
- $\frac{1}{2}$ cup cooked greens counts as $\frac{1}{2}$ cup vegetable.



Vegetables – Red/Orange

- ◆ Acorn Squash
- ◆ Butternut Squash
- ◆ Carrots
- ◆ Hubbard Squash
- ◆ Pumpkin

- ◆ Red Peppers
- ◆ Sweet Potatoes
- ◆ Tomatoes
- ◆ Tomato Juice

Breakfast

Not required

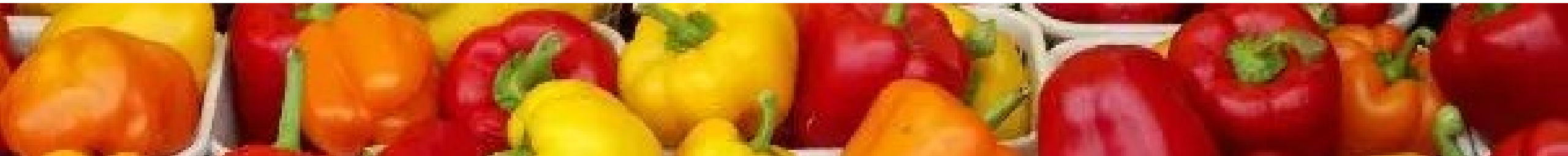
Lunch

Grades K–5: $\frac{3}{4}$ cup/week

Grades 6–8: $\frac{3}{4}$ cup/week

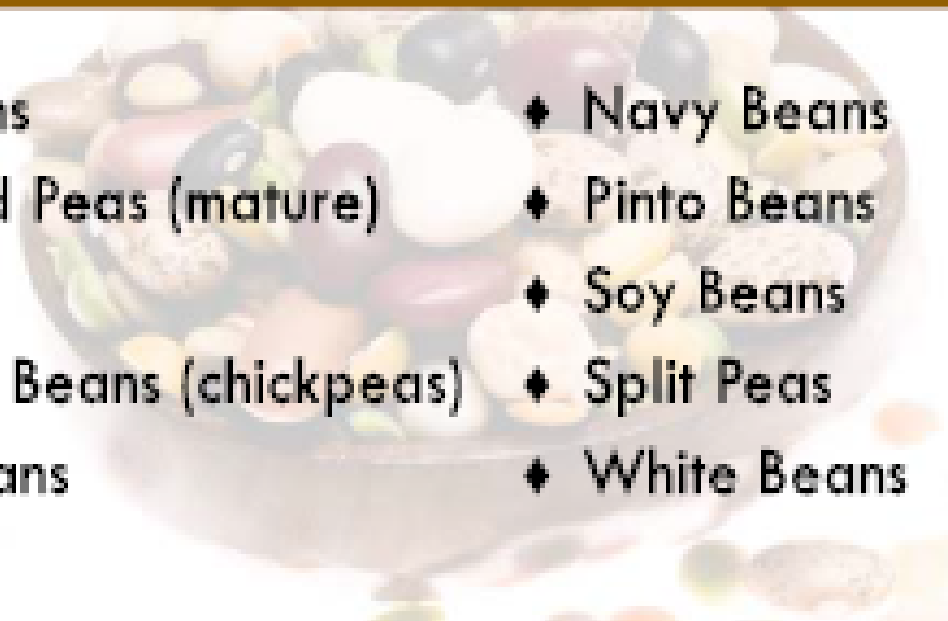
Grades 9–12: $1\frac{1}{4}$ cups/week

Larger amounts may be served



Vegetables – Beans and Peas

Legumes

- 
- ◆ Black Beans
 - ◆ Black-eyed Peas (mature)
 - ◆ Edamame
 - ◆ Garbanzo Beans (chickpeas)
 - ◆ Kidney Beans
 - ◆ Lentils
 - ◆ Navy Beans
 - ◆ Pinto Beans
 - ◆ Soy Beans
 - ◆ Split Peas
 - ◆ White Beans

Breakfast

Not required

Lunch

Grades K–5: ½ cup/week

Grades 6–8: ½ cup/week

Grades 9–12: ½ cup/week

Larger amounts may be served



Vegetables – Starchy

- ◆ Cassava
- ◆ Corn
- ◆ Black-eyed peas (not dry)
- ◆ Green Bananas
- ◆ Green Peas
- ◆ Green Lima Beans
- ◆ Jicama
- ◆ Plantains
- ◆ Potatoes
- ◆ Taro
- ◆ Water Chestnuts

Breakfast

Not required

Lunch

Grades K–5: ½ cup/week

Grades 6–8: ½ cup/week

Grades 9–12: ½ cup/week

Larger amounts may be served



Vegetables – Other

- 
- ◆ Artichokes
 - ◆ Asparagus
 - ◆ Avocado
 - ◆ Bean Sprouts
 - ◆ Beets
 - ◆ Brussels Sprouts
 - ◆ Cabbage
 - ◆ Cauliflower
 - ◆ Celery
 - ◆ Cucumbers
 - ◆ Eggplant
 - ◆ Green Beans
 - ◆ Green Bell Peppers
 - ◆ Iceberg (Head) Lettuce
 - ◆ Mushrooms
 - ◆ Okra
 - ◆ Onions
 - ◆ Parsnips
 - ◆ Turnips
 - ◆ Wax Beans
 - ◆ Zucchini

Breakfast

Not required

Lunch

Grades K–5: ½ cup/week

Grades 6–8: ½ cup/week

Grades 9–12: ¾ cup/week

Larger amounts may be served

This sub group may be met with items from the dark green, red-orange or beans/peas sub groups



Additional Vegetables

	Total Weekly Vegetable Requirement	Minimum Weekly Subgroup Requirements	Additional Vegetables to Reach Total
Grades K-5	3 ³/₄ cups	2 ³/₄ cups	1 cup
Grades 6-8	3 ³/₄ cups	2 ³/₄ cups	1 cup
Grades 9-12	5 cups	3 ¹/₂ cups	1 ¹/₂ cups

Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

Fruits and Vegetables

Serving Sizes

What needs to be provided?

- $\frac{1}{8}$ cup?
- $\frac{1}{4}$ cup?
- $\frac{1}{2}$ cup?
- More?



Any of the above can work if you have enough of each option.

- $\frac{1}{8}$ cup is the minimum creditable amount!
- You must serve enough vegetables to meet the full $\frac{3}{4}$ cup or 1 cup offering.

Fruits and Vegetables



Salad Bars/Garden Bars

- Excellent way to offer a variety of fruits/vegetables
- Must be monitored
- Must be before the POS or have State approval



Grains

No association with meat/meat alternate at lunch.

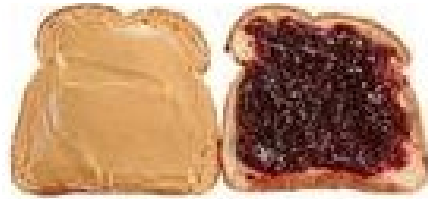
Combination items can cause issues at the 9-12 grade levels.

Meat/Meat Alternate

Separate component at lunch

Sources

- beef, poultry, fish
- Eggs and cheese
- Nuts and seeds
- $\frac{1}{4}$ cup of drained beans/peas/legumes equals one ounce of requirement.
- Both tofu and soy yogurt will be allowable as meat alternates.



Fluid Milk

Allowable milk options include:

- fat-free (unflavored or flavored)
- low-fat (unflavored or **flavored**)
- fat-free or low-fat (lactose-reduced or lactose free)

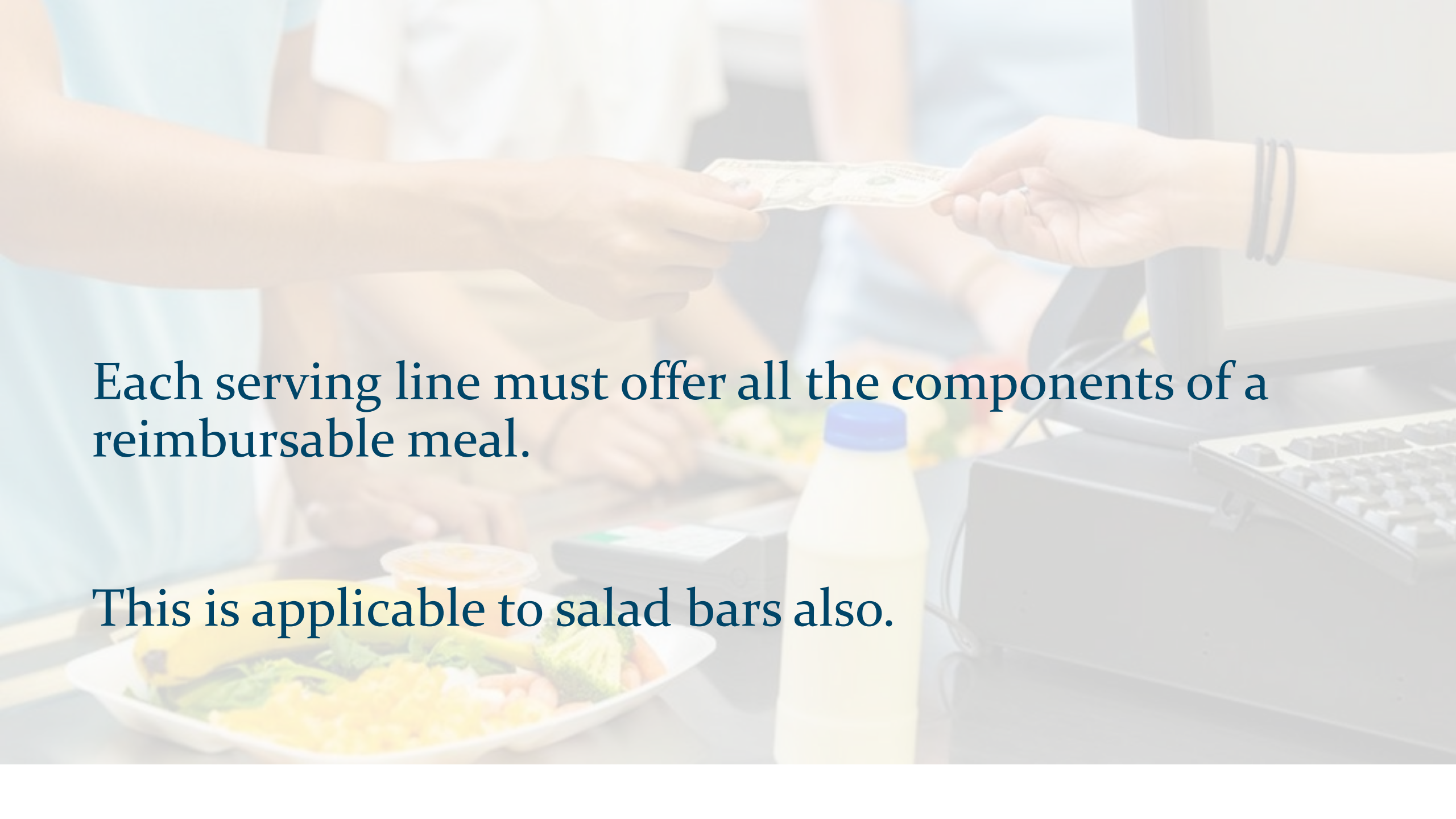
Must offer at least two choices.

- One choice must be unflavored milk

Students may decline milk component under OVS.

No more than 10 grams of added sugar per 8 fluid ounces.

NOTE: Same as breakfast meal pattern.



Each serving line must offer all the components of a reimbursable meal.

This is applicable to salad bars also.

Substitutions

Points to Remember

When substituting, replace items that:

- Are breaded similarly (e.g. chicken nuggets with a chicken patty).
- Credit similarly (e.g. roasted chicken that credits 2 oz. with grilled chicken patty that credits 2 oz.).
- Are nutritionally similar (e.g. sausage links with sausage patties).

Afterschool Snack Program



Afterschool Snack Program (ASSP)

ASSP Meal Components

- 
- A group of diverse school children, including boys and girls of various ethnicities, are smiling and standing together. Some are wearing backpacks, suggesting they are in a school setting. The image is slightly faded to allow the text to be visible.
- Fluid milk
 - Meat/meat alternate
 - Vegetable
 - Fruit
 - Grain (whole grain rich)

Must serve at least 2 of the 5 components.



Food Buying Guide for Child Nutrition Programs

U.S. DEPARTMENT OF AGRICULTURE



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TOOLS ▾

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HELP ▾

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Resource Center

THE FOOD BUYING GUIDE

The Food Buying Guide allows for easy display, search, and navigation of food yield information. In addition, users can compare yield information, create a favorite foods list, and access tools, such as the Recipe Analysis Workbook (RAW) and the Product Formulation Statement Workbook.

Food Items Search

Food Item Favorites

Download Food Buying Guide

Exhibit A Grains Tool

FBG Calculator

Recipe Analysis Workbook (RAW)



MEATS/MEAT ALTERNATES



FRUITS



MILK



VEGETABLES



GRAINS



OTHER FOODS

Afterschool Snack Program Meal Pattern

- <https://www.fns.usda.gov/school-meals/afterschool-snacks>

Chart 2: National School Lunch Program (NSLP) Afterschool Snack Service (NSLP Afterschool Snacks) Meal Pattern for K-12 Children (Ages 6-18)

Select Two of the Five Components for a Reimbursable Snack

Meal Components ¹	Minimum Quantities ²
Fluid Milk ³	8 fluid ounces
Meats/Meat Alternates ⁴	1 ounce equivalent
Vegetables ⁵	¾ cup
Fruits ⁵	¾ cup
Grains ⁶	1 ounce equivalent

¹ Must serve two of the five components for a reimbursable NSLP snack. Only one of the two components may be a beverage.

² May need to serve larger portions to children ages 13 through 18 to meet their nutritional needs.

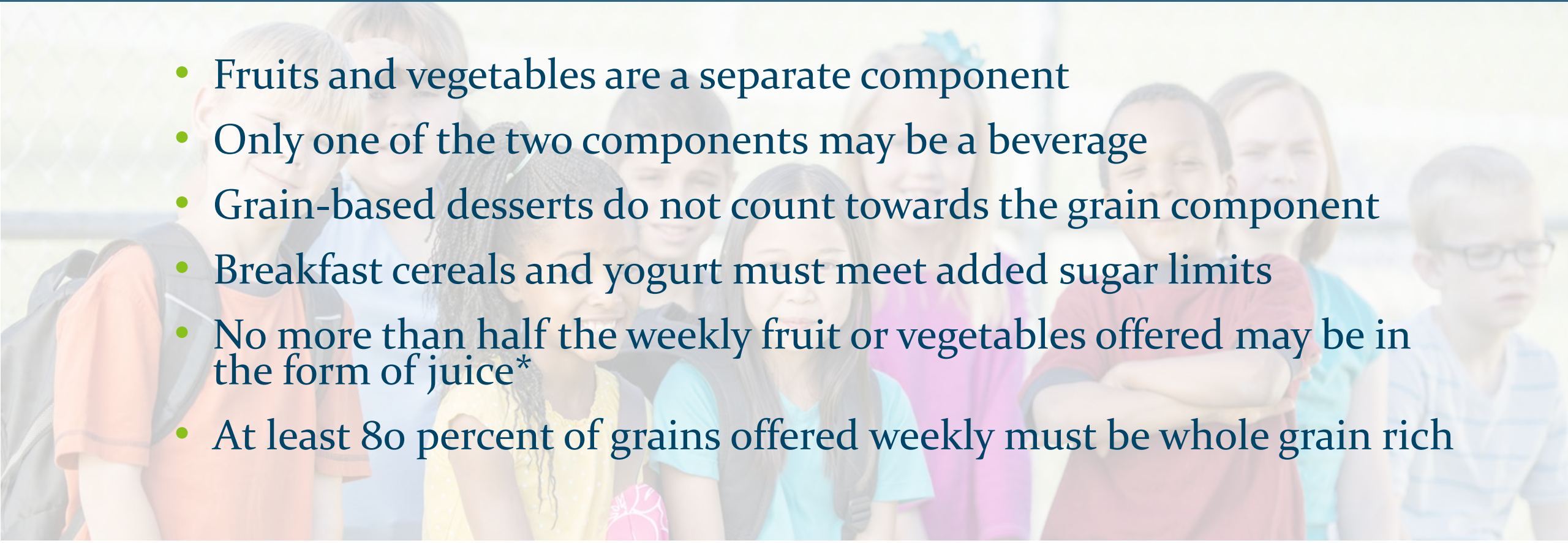
³ Must be fat-free (skim) or low-fat (1 percent fat or less). Milk may be unflavored or flavored.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226 of this Chapter. Effective July 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce) . Information on crediting meats/meat alternates may be found in FNS guidance.

⁵ Juice must be pasteurized, full-strength juice. No more than half of the weekly fruit or vegetable offerings may be in the form of juice.

⁶ 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. Grain-based desserts may not be used to meet the grains requirement. Effective July 1, 2025, breakfast cereal must have no more than 6 grams of added sugars per dry ounce. Information on crediting grain items may be found in FNS guidance.

ASSP Meal Pattern

- 
- Fruits and vegetables are a separate component
 - Only one of the two components may be a beverage
 - Grain-based desserts do not count towards the grain component
 - Breakfast cereals and yogurt must meet added sugar limits
 - No more than half the weekly fruit or vegetables offered may be in the form of juice*
 - At least 80 percent of grains offered weekly must be whole grain rich

Must serve at least 2 of the 5 components.

ASSP Meal Pattern

"No more than half the weekly fruit or vegetables offered may be in the form of juice."

Correct Juice Amount:

Week 1	Cheddar sun chips LG apple (88ct) 8 oz water	Chez-its 6 oz. juice	WG Crackers, mini blueberry vanilla Milk	Doritos Nacho cheese 6 oz. juice	Animal Crackers LG apple (88ct) 8 oz. water
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Incorrect Juice Amount:

Week 3	Spicy Hot Tortilla chips 6 oz. juice	WG Cheese Curls Strawberry raisins- 1.3oz 8 oz. water	Muffin-banana Milk	Tortilla Crispy Round 6 oz. juice	Spicy Sweet Chili Doritos 6 oz. juice
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USDA Contributions & Crediting



Food and Nutrition Administration
U.S. DEPARTMENT OF AGRICULTURE

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Standardized Recipes

- **Consistent Food Quality**
- **Predictable Yield**
- **Customer Satisfaction**
- **Consistent Nutrient Content**
- **Food Cost Control**
- **Inventory Control**
- **Confident Employees**
- **Reduced Record Keeping**



Standardized recipes help ensure that the best possible food items are produced every time.



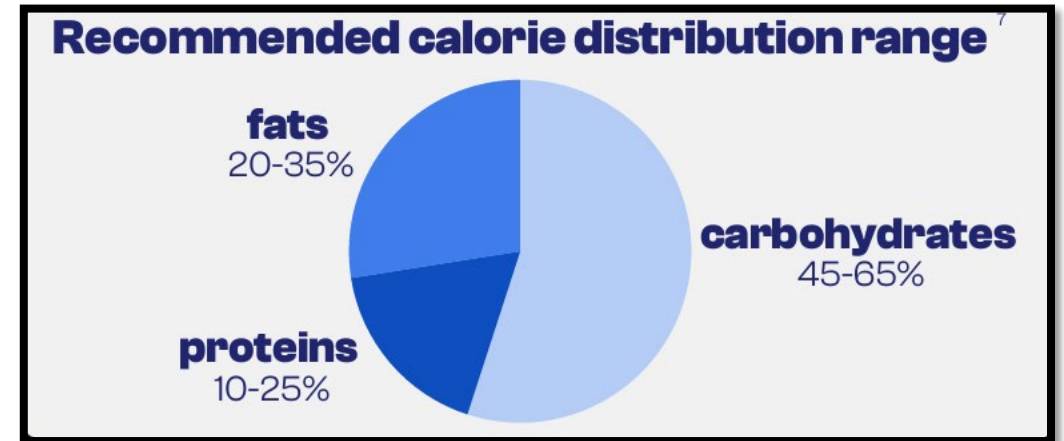
Nutrition 101



Food and Nutrition Administration
U.S. DEPARTMENT OF AGRICULTURE

Macronutrients

- **Carbohydrates (45-65% calories)**
 - Body's main source of energy
 - Recommend fruits, vegetables, milk, whole grains (brown rice, whole wheat)
 - Excessive refined carbs lead to weight gain (ultra-processed foods, cakes, cookies, baked goods)
- **Proteins (10-35% of calories)**
 - Every cell in the body contains protein. Foundational for enzymes, bone density, and muscle repair.
 - Recommend meat, poultry, fish, eggs, beans, nuts, dairy
 - Some sources have higher amounts of saturated fat (beef, full-fat dairy) and should be limited.
- **Fat (20-35% of calories)**
 - Needed for absorption of certain vitamins and minerals
 - Avoid saturated fats, consume more monounsaturated fats (olive oil, avocados, etc.)



Micronutrients & Bioactive Food Compounds

- **Vitamins:**

- Compounds that are required and that the body cannot produce in sufficient quantities, and must be consumed in the diet
- Function in vision, reproduction, bone maintenance, blood clotting, iron absorption and much more!
- 13 compounds: A, B, C, D, E, K, Folic acid, Pantothenic acid, Biotin

- **Minerals:**

- Chemical elements found via plants that absorb them from the soil
- Varied functions: electrolytes, enzyme production, hormone synthesis, antioxidant activity,
- Sodium, magnesium, phosphorus, chloride, potassium, calcium, zinc, iron, manganese, copper, iodine, selenium, molybdenum

- **Bioactive Food Compounds:**

- Not required for growth
- Significant health benefits
- Examples: Flavonoids, catechins, polyphenols, oligosaccharides, isoflavones
- Examples of functions: cancer prevention, heart health, cognitive function, bone strength, digestion

RED

Lycopene, ellagic acid, quercetin and hesperidin. Red foods are associated with heart health and may help support healthy blood pressure and cellular protection.



ORANGE

Beta-carotene, beta-cryptoxanthin, zeaxanthin and flavonoids. Orange foods support eye health, immune function and healthy skin.



YELLOW

Carotenoids such as lutein and zeaxanthin. Yellow foods may support eye health, cellular communication and overall wellness.



GREEN

Chlorophyll, folate, vitamin C, lutein, fiber, magnesium and calcium. Green foods support healthy body function and provide antioxidant protection.



WHITE

Compounds such as allicin and anthoxanthins. White foods may help support immune function and overall health.



PURPLE AND BLUE

Anthocyanins, phenols and resveratrol. Purple and blue foods offer antioxidant support and may help protect heart and brain health.



THE NUTRIENT COLOR WHEEL

Encouraging Children to Eat Fruits & Veggies

- Offer a variety of fruits and vegetables
- Appearance, Displays, Salad Bars, Recipes
- Buy and Learn to Operate Small Equipment:
 - Sunkist Sectionizer
 - Food Processor
 - Immersion Blender
 - Knife Skills
- Become confident in culinary skills!



Resources for Farm to School

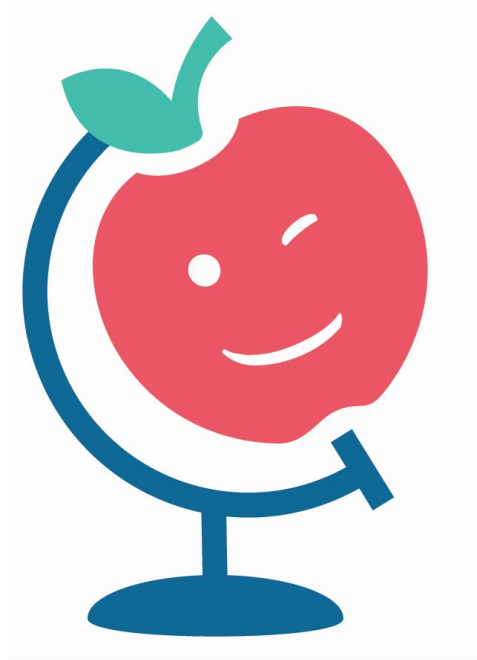
- Your district has the option to purchase local, unprocessed agricultural products directly from local farmers!
- The district has the option to claim \$0.20 per serving of local unprocessed agricultural product
- Sweet Grown Alabama Calendar
- Alabama Harvest of the Month Calendars, Recipe Books, and Cafeteria Posters: CNP Harvest of the Month – Alabama Agriculture & Industries – Farm to School



Resources for Recipes

- LINQ School Nutrition! Search “AL-R” for Alabama Recipes
- Institute of Child Nutrition's Recipe Box: www.theicn.org/cnrb/
- Team Nutrition: www.fns.usda.gov/tn/team-nutrition
- Dayle Hayes, MS, RD: <https://schoolmealsthatrock.org/>
- The Chef Ann Foundation: <https://www.thelunchbox.org/recipes-menus/recipes/>





Questions?
ASK US!



Training: ALSDE New Managers' Training
Training Hours: 10 hours

USDA Professional Learning Code(s):

Nutrition: 1100

Operations: 2100, 2400, 2500, 2600

Administration: 3200, 3300, 3400

Marketing: 4100