Minnesota Department of Education

Healthy Hunger Free Kids Act

LUNCH MEAL PATTERN

Five-Day School Week

Minimum amount of food per day or week:

Meal Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Fruits	½ cup per day	½ cup per day	½ cup per day	1 cup per day
Vegetables	¾ cup per day (3 ¾ cups/week)	¾ cup per day (3 ¾ cups/week)	¾ cup per day (3 ¾ cups/week)	1 cup per day (5 cups/week)
Dark Green	½ cup per week	½ cup per week	½ cup per week	½ cup per week
Red/Orange	¾ cup per week	¾ cup per week	¾ cup per week	1 ¼ cup per week
Beans/Peas (Legumes)	½ cup per week	½ cup per week	½ cup per week	½ cup per week
Starchy (green peas, corn, white potatoes)	½ cup per week	½ cup per week	½ cup per week	½ cup per week
Other	½ cup per week	½ cup per week	½ cup per week	¾ cup per week
Additional veg to reach total	1 cup per week	1 cup per week	1 cup per week	1 ½ cup per week
Grains minimum (>50 percent must be whole grain-rich)	1 oz. eq./day 8 oz. eq./week	1 oz. eq./day 8 oz. eq./ week	1 oz. eq./day 8 oz. eq./ week	2 oz. eq./day 10 oz. eq./ week
Meat/Meat Alternates minimum	1 oz. eq./day 8 oz. eq./week	1 oz. eq./day 9 oz. eq./ week	1 oz. eq./day 9 oz. eq./ week	2 oz. eq./day 10 oz. eq./ week
Fluid Milk	1 cup per day	1 cup per day	1 cup per day	1 cup per day

NOTE:

1. One-quarter cup of dried fruit counts as one-half cup of fruit; one cup of leafy greens counts as one-half 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.
2. Larger amounts of vegetables may be served.
3. For the purposes of the National School Lunch Program (NSLP), “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups.
4. Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
5. At least half of the grains offered must be whole grain-rich in the NSLP beginning July 1, 2012 (SY 2012-2013). All grains must be whole grain-rich in both the NSLP and the School Breakfast Program (SBP) beginning July 1, 2014 (SY 2014-15).
6. Fluid milk must be low-fat (one percent milk fat or less, unflavored) or fat-free (unflavored or flavored).
7. The average daily amount of calories for a four-day school week must be within the range (at least the minimum and no more than the maximum values).
8. Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium.
9. Foods of minimal nutritional value and fluid milk with fat content greater than one percent milk fat are not allowed.

Lunch Nutrient Specifications
Daily Amount Based on the Average for a Week

Nutrient	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Minimum-maximum calories	550-650	600-700	600-650	750-850
Saturated Fat (percentage of total calories)	<10	<10	<10	<10
Sodium (mg) **Effective July 1, 2014** **Effective July 1, 2017**	≤ 1230 ≤ 935	≤ 1360 ≤ 1035	≤ 1230 ≤ 935	≤ 1420 ≤ 1080
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.

Notes:

1. The average daily amount of calories for a five-day school week must be within the range (at least the minimum and no more than the maximum values).
2. Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, trans fat, and sodium.
3. Final sodium specifications are to be reached by SY 2022-2023 or July 1, 2022.
4. Intermediate sodium specifications are established for SY 2014-2015 and 2017-2018. See required intermediate specifications in section 210.10(f)(3) for lunches and section 220.8(f)(3) for breakfast.