### The School Lunch Pattern for Various Age/Grade Groups

The United States Department of Agriculture, National School Lunch Program requires that portions of meal components be adjusted by age/grade group to better meet the food and nutritional needs of children according to their ages.

#### Quantities Required to Offer

<table>
<thead>
<tr>
<th>Food Components</th>
<th>Ages 1-2</th>
<th>Ages 3-4</th>
<th>Grades K-5</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
<th>Specific Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat or Meat Alternate (M/MA)</td>
<td></td>
<td></td>
<td>8 oz. eq/wk</td>
<td>9 oz. eq/wk</td>
<td>10 oz. eq/wk</td>
<td>Must be served in the main dish or as the main dish and only one other menu item.</td>
</tr>
<tr>
<td>When combining K-5 &amp; 6-8 to establish a K-8 group.*</td>
<td>9 oz. eq.*/wk</td>
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<tr>
<td>Lean meat, poultry, fish</td>
<td>1 oz.</td>
<td>1 ½ oz.</td>
<td>1 oz. eq.x per day minimum</td>
<td>1 oz. eq.x per day minimum</td>
<td>2 oz. eq.x per day minimum</td>
<td>Vegetable protein products, cheese, alternate cheese products, and enriched macaroni with fortified protein may be used to meet part of the meat/meat alternate requirement. Food and Nutrition Service Fact Sheets on each of these alternate foods give detailed instructions for use.</td>
</tr>
<tr>
<td>Cheese</td>
<td>1 oz.</td>
<td>1 ½ oz.</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Large egg(s)</td>
<td>½</td>
<td>¼</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Cooked, dry beans or peas</td>
<td>¾ cup</td>
<td>3/8 cup</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Peanut butter (or any nut or seed butter)</td>
<td>2 Tbsp</td>
<td>3 Tbsp</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Peanuts, soy nuts, tree nuts or seeds*</td>
<td>½ oz. = 50%</td>
<td>½ oz. = 50%</td>
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<td></td>
<td></td>
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<tr>
<td>Yogurt, plain or flavored, unsweetened or sweetened</td>
<td>4 oz. or ½ cup</td>
<td>6 oz. or ½ cup</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Grains / Breads</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Require half of the weekly grains in the NSLP and SBP be whole grain-rich (WGR), and the remaining weekly grains must be enriched.</td>
</tr>
<tr>
<td>When combining K-5 &amp; 6-8 to establish a K-8 group.</td>
<td>8 oz. eq*/wk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Servings of grains or breads must be whole-grain rich</td>
<td>5 per week at least ½ svg/ day</td>
<td>8 per week at least 1 svg/day</td>
<td>1 oz. eq. per day minimum</td>
<td>1 oz. eq. per day minimum</td>
<td>2 oz. eq. per day minimum</td>
<td></td>
</tr>
</tbody>
</table>

#### Vegetable

- **Dark Green**: ½ cup every week
- **Red/orange**: ¼ cup every week, 1 ½ cups every week
- **Beans/Peas**: ½ cup every week
- **Starchy**: ½ cup every week
- **Other**: ¼ cup every week

#### Fruit

- ½ cup every day

#### Milk (fluid offered as a beverage)

- ½ cup (6 fl. oz)
- ½ pint (8 fl. oz)

#### Min. and Max. Calorie Ranges in an average 5-day week menu

- **517**
- **550-650**
- **600-700**
- **750-850**

#### When combining K-5 & 6-8 to establish a K-8 group.

- **600-650**

#### Sodium

- ≤ 1230
- ≤ 1360
- ≤ 1420

K-8 group sodium max = 1230mg.

*As listed in program guidance, these items may be used to meet no more than 50% of the requirement and must be combined in the meal with at least 50% of other meat or meat alternates (1 oz nuts/seeds = 1 oz of cooked lean meat, poultry, or fish). *Schools serving lunch 7 days per week should increase the weekly quantity by approximately 20% for each additional day. Food Buying Guide FNS Instruction 783-1, Rev. 2 Grains and Bread Instruction provides the information for the minimum weight of serving.

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Commonly eaten vegetables in each vegetable subgroup

Dark Green Vegetables
- beet greens (canned, fresh or frozen)
- broccoli (fresh, slaw or frozen)
- collard greens (canned, fresh or frozen)
- dark green leafy lettuce
- kale (canned, fresh or frozen)
- mesclun/spring mix
- mustard greens (canned, fresh or frozen)
- romaine lettuce
- spinach (canned, fresh or frozen)
- turnip greens (canned, fresh or frozen)

Red & Orange vegetables
- winter squash (like acorn or butternut squash)
- carrots (canned, fresh or frozen)
- pumpkin (canned or fresh)
- red peppers
- salsa
- spaghetti sauce
- sweet potatoes
- tomato paste
- tomato puree
- tomatoes (crushed, diced, whole, stewed, cherry, whole) (canned, fresh or frozen)

Beans and peas
- baked beans, dry, canned (in sauce with pork, in sauce with bacon, vegetarian)
- bean soup
- black beans (Turtle beans), (mature, dry)
- black-eyed beans (or peas), (mature, dry)
- garbanzo beans (chickpeas), (mature, dry)
- great northern beans (dry, mature)
- kidney beans (dry, mature)
- lentils (dry, mature)
- navy beans (dry, mature)
- pea soup
- pinto beans (dry, mature)
- red bean (dry, mature)
- refried beans
- split peas (dry, mature)
- white beans (dry, mature)

Starchy vegetables
- corn (canned, fresh or frozen)
- cowpeas, field peas, pigeon peas or black-eyed peas (green or fresh)
- green peas (fresh or frozen)
- lima beans (green or frozen)
- potato products (hash browns, hashed patty, shredded, circles, mashed, french fries, roasted rounds, potato skins, potato wedges, potato sticks)
- potatoes, dehydrated (diced, flakes, granules, slices), (canned fresh or frozen)

Other vegetables
- asparagus (canned, fresh or frozen)
- avocado
- beets (canned, fresh, without tops or frozen)
- bell peppers (dehydrated, canned, fresh, or frozen)
- brussels sprouts (fresh or frozen)
- cabbage (Chinese, celery, green, red)
- cauliflower (fresh or frozen)
- celery (canned or fresh)
- cucumber
- eggplant
- green beans (flat Italian, French cut, whole) (canned, fresh or frozen)
- lettuce (iceberg; mixed greens; equal amounts of iceberg and romaine with shredded carrots and red cabbage; mostly iceberg, some romaine with shredded carrot and red cabbage; leaf)
- mixed vegetables (broccoli and cauliflower; California blend; carrots, corn and green beans blend; peppers and onion; five vegetable blend, seven vegetable blend)
- mushrooms (canned, fresh or frozen)
- okra (canned, fresh or frozen)
- onion (green, spinach, sweet, white, yellow, purple) (dehydrated, canned, fresh or frozen)
- radishes, without tops (fresh)
- sugar snap peas (frozen)
- summer squash (yellow or zucchini) (canned, fresh or frozen)
- turnips, without tops
- wax beans (canned, fresh or frozen)
- zucchini

Mississippi Department of Education, Office of Child Nutrition
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