

# SY 2023-24 Meal Pattern Chart

## School Breakfast Program

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

Pre-Kindergarten (Pre-K) Daily		
Meal Pattern Components	Age 1-2	Age 3-5
<b>Milk:</b> Unflavored Age 1-2, whole milk Age 3-5, 1% low fat or fat free unflavored	½ cup	¾ cup
<b>Fruits and Vegetables</b>	¼ cup	½ cup
<sup>1,2</sup> <b>Grains:</b> Whole Grain-Rich or Enriched		
Bread Product: (e.g., biscuit, roll, muffin)	0.5 oz eq	
Pasta	¼ cup	
Cooked Breakfast Cereal, Cereal Grain, <sup>3</sup> Ready-To-Eat Breakfast Cereal, Dry or Cold Flakes or Rounds Puffed Cereal Granola	½ cup ¾ cup ⅛ cup	

School Age Daily and Weekly				
Meal Pattern Components	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
<sup>4</sup> <b>Milk</b> Unflavored/flavored 1% low fat or fat free	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
<b>Fruits and Vegetables</b> <sup>5</sup> <b>Vegetables</b>	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
<sup>6</sup> <b>Grains</b> 80 % WG-Rich	7 – 10 (1 oz eq)	8 – 10 (1 oz eq)	9 – 10 (1 oz eq)	9 – 10 (1 oz eq)
<b>Nutrient Specifications: Daily Amount Based on Averages 5-Day Week</b>				
<b>Min.–Max. Calories</b> (kcal)	350–500	400–550	450–600	450–500
<b>Saturated Fat</b> % of total calories	< 10	< 10	< 10	< 10
<b>Sodium Target</b> (mg)	≤ 540	≤ 600	≤ 640	≤ 540
<b>Trans Fat</b>	Product nutrition label/manufacturer specification must indicate 0 grams of <u>trans</u> fat per serving.			

<sup>1</sup>CACFP: grain-based desserts are not creditable toward the grains component

<sup>2</sup>CACFP: one whole-grain rich food item must be served each day across all meals

<sup>3</sup>CACFP: breakfast cereals and yogurt must meet sugar standard - TDA CACFP sugar limit calculator

<sup>4</sup>One choice of milk must be unflavored at each meal service.

<sup>5</sup>Through SY 2023-24, CEs may substitute any vegetable from any subgroup in place of a fruit.

<sup>6</sup>At least 80% of weekly grains offered must be whole grain rich.

For detailed guidance on regulatory requirements see TDA's Administrative Reference Manual Sections 7, 8, and 9.



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Nutrition Assistance Programs

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# SY 2023-24 Meal Pattern Chart National School Lunch Program

Minimum Amount of Each Food Component Per Week (Minimum Offering Per Day)

Pre-Kindergarten (Pre-K) Daily			School Age Daily and Weekly				
Meal Pattern Components	Age 1–2	Age 3–5	Meal Pattern Components	Grades K–5	Grades 6–8	Grades K–8	Grades 9–12
<b>Milk:</b> Unflavored Age 1–2, whole milk Age 3–5, 1 percent low fat or fat free unflavored	½ cup	¾ cup	<sup>4</sup> <b>Milk</b> Unflavored or flavored 1% low fat or fat free	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
<b>Fruits</b>	⅛ cup	¼ cup	<b>Fruits</b>	2½ (½) cups	2½ (½) cups	2½ (½) cups	5 (1) cups
<b>Vegetables</b>	⅛ cup	¼ cup	<b>Vegetables</b>	3¾ (¾) cups	3¾ (¾) cups	3¾ (¾) cups	5 (1) cups
<sup>1,2</sup> <b>Grains:</b> Whole Grain-Rich or Enriched			Dark Greens	½ cup	½ cup	½ cup	½ cup
Bread product (e.g., biscuit, roll, or muffin)	0.5 oz eq	0.5 oz eq	Red/Orange	¾ cup	¾ cup	¾ cup	1¼ cups
Pasta	¼ cup		Beans/Peas (Legumes)	½ cup	½ cup	½ cup	½ cup
<b>Meat/Meat Alternates</b>			Starchy	½ cup	½ cup	½ cup	½ cup
Lean meat, poultry, or fish	1 oz	1.5 oz	Other	½ cup	½ cup	½ cup	¾ cup
Tofu, soy product, or alternate protein products	1.1 oz	1.5 oz	Additional Vegetable	1 cup	1 cup	1 cup	1½ cups
Cheese	1 oz	1.5 oz	<sup>5</sup> <b>Grains</b> 80 % Whole Grain-Rich	8 – 9 (1 oz eq)	8 – 10 (1 oz eq)	8 – 9 (1 oz eq)	10 – 12 (2 oz eq)
Large egg	½ egg	¾ egg	<b>Meat/Meat Alternates</b>	8 – 10 (1 oz eq)	9 – 10 (1 oz eq)	9 – 10 (1 oz eq)	10 – 12 (2 oz eq)
Cooked dry beans or peas	¼ cup	¾ cup	<b>Nutrient Specifications: Daily Amount Based on Average 5-Day Week</b>				
Peanut butter, soy nut butter, or other nut or seed butter	2 Tbsp	3 Tbsp	Min.–Max. Calories(kcal)	550–650	600–700	600–650	750–850
<sup>3</sup> Yogurt, plain or flavored, unsweetened or sweetened	4 oz	6 oz	<b>Saturated Fat</b> % of total calories	< 10	< 10	< 10	< 10
Peanuts, soy nuts, tree nuts, or seeds	0.5 oz	0.75 oz	<b>Sodium Target</b> (mg)	≤ 1,110	≤ 1,225	≤ 1,110	≤ 1,280
			<b>Trans Fat</b>	Product nutrition label/manufacturer specification must indicate 0 grams of <u>trans fat</u> per serving.			

<sup>1</sup>CACFP: grain-based desserts are not creditable toward the grains component

<sup>2</sup>CACFP: one whole-grain rich food item must be served each day across all meals

<sup>3</sup>CACFP: breakfast cereals and yogurt must meet sugar standard - TDA CACFP sugar limit calculator

<sup>4</sup>One choice of milk must be unflavored at each meal service

<sup>5</sup>At least 80% of weekly grains offered must be whole grain rich with the remaining enriched

For detailed guidance on regulatory requirements see TDA's Administrative Reference Manual Sections 7, 8, and 9.