

## Breakfast Meal Pattern 2024-25

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fruits (cups) <sup>a b d</sup>	Weekly: 5 cups Daily: 1 cup				
Vegetables (cups) <sup>a c d e</sup>	0 cups required daily There is no separate requirement to serve vegetables in the SBP. Schools may substitute vegetables for fruit.				
Grains and/or Meats/Meat Alternates (oz eq) <sup>f g h</sup>	Weekly: ≥7oz eq Daily: 1 oz eq	Weekly: ≥8oz eq Daily: 1 oz eq	Weekly: ≥8oz eq Daily: 1 oz eq	Weekly: ≥9oz eq Daily: 1 oz eq	Weekly: ≥9oz eq Daily: 1 oz eq
Fluid milk (cups) <sup>i</sup>	1 cup daily for all age-grade groups				
Other Specifications: Daily Amount Based on the Average for a 5-Day Week					
Min-max calories (kcal) <sup>j k</sup>	350-500	400-550	400-500	450-600	450-500
Saturated fat (% of total calories) <sup>k</sup>	<10				
Sodium Target 1 (mg) <sup>k l</sup>	≤540	≤600	≤540	≤640	≤540
Added Sugars <sup>m</sup> (Effective July 1, 2025)	Breakfast Cereals: No more than 6 grams of added sugar per dry ounce Yogurt: No more than 12 grams of added sugar per 6 ounces Flavored Milk: No more than 10 grams of added sugar per 8 fluid ounces (1 cup)				

- a. Minimum creditable serving for fruits and vegetables is 1/8 cup.
- b. Dried fruit credits as double their volume (e.g. 1/4 cup of dried fruit credits as 1/2 cup of fruit); No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength juice.
- c. Leafy green vegetables credit half their volume (e.g. 1.0 cup of leafy greens credits as 1/2 cup of vegetables).
- d. Schools must offer 1.0 cup of fruit and/or vegetables daily and 5.0 cups of fruit and/or vegetables weekly.
- e. Through June 20, 2025, Congressional Flexibility SP 06-2023 allows schools to substitute fruit with any vegetable subgroup. Beginning July 1, 2025, school food authorities (SFA) that offer vegetables at breakfast one day per week may offer a vegetable from any subgroup and schools that offer vegetables two or more days per week are required to offer vegetables from at least two different subgroups.
- f. Minimum creditable serving for grains and meat/meat alternates is 0.25 ounce equivalents (oz eq).
- g. At least 80% of grains offered over the week must be whole grain-rich. Schools that choose to offer a mix of grains and M/MA at breakfast will calculate the required whole grain-rich offerings based on the total amount of grains offered at breakfast during the week, by oz eq.
- h. Schools must offer 1.0 oz eq of grains, M/MA, or combination of both daily.
- i. All fluid milk must be low-fat (1 percent fat or less, unflavored or flavored) or fat-free (unflavored or flavored).
- j. The average daily calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).
- k. Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, and sodium.
- l. Sodium Target 1 (shown) is effective through June 30, 2027.
- m. Beginning July 1, 2025, product-based limits for breakfast cereal, yogurt, and flavored milk will be implemented.

## Lunch Meal Pattern 2024-25

Meal Pattern Component	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12
Fruits (cups) <sup>abc</sup>	Weekly: 2 ½ cups Daily: ½ cup			Weekly: 5 cups Daily: 1 cup
Vegetables (cups) <sup>ac</sup>	Weekly: 3 ¾ cups Daily: ¾ cup			Weekly: 5 cups Daily: 1 cup
Dark Green <sup>de</sup>	½ cup			½ cup
Red/Orange <sup>e</sup>	¾ cup			1 ¼ cup
Beans, Peas, <sup>ef</sup> and Lentils	½ cup			½ cup
Starchy	½ cup			½ cup
Other <sup>e</sup>	½ cup			¾ cup
Additional Vegetables to Reach Total <sup>g</sup>	1 cup			1 ½ cups
Grains (oz eq) <sup>hi</sup>	Weekly: ≥8oz eq Daily: 1 oz eq			Weekly: ≥10oz eq Daily: 2 oz eq
Meats/Meat Alternates (oz eq) <sup>h</sup>	Weekly: ≥8oz eq Daily: 1 oz eq	Weekly: ≥9oz eq Daily: 1 oz eq		Weekly: ≥10oz eq Daily: 2 oz eq
Fluid Milk (cups) <sup>j</sup>	1 cup daily for all age/grade groups			
Other Specifications: Daily Amount Based on the Average for a 5-Day Week				
Min-Max Calories (kcal) <sup>kl</sup>	550-650	600-700	600-650	750-850
Saturated Fat (% of total calories) <sup>l</sup>	<10			
Sodium Target 1A (mg) <sup>lm</sup>	≤1,110	≤1,225	<1,110	≤1,280

- a. Minimum creditable serving for fruits and vegetables is 1/8 cup.
- b. Dried fruits credit as double the volume served (e.g. ¼ cup of dried fruit credits as 1/2 cup of fruit).
- c. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength juice.
- d. Leafy green vegetables credit as half the volume served (e.g. 1 cup of leafy greens credits as 1/2 cup of vegetables).
- e. The "Other" vegetable subgroup requirement may be met with any additional amounts from the dark green, red/orange, and beans, peas, and lentils vegetable subgroups.
- f. Beans, peas, and lentils may be offered toward the meat/meat alternate component or the daily vegetable component, but not both components. Bean, peas, and lentils offered towards the meat/meat alternate component may credit towards the weekly beans, peas, and lentils vegetable subgroup requirement.
- g. Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.
- h. Minimum creditable serving for grains and meat/meat alternates is 0.25 ounce equivalents (oz eq).
- i. At least 80 percent of grains offered over the week must be whole grain-rich.
- j. All fluid milk must be low-fat (1 percent fat or less, unflavored or flavored) or fat-free (unflavored or flavored).
- k. The average daily calories for a 5-day school week must be within the range (at least the minimum and no more than the maximum values).
- l. Discretionary sources of calories (solid fats and added sugars) may be added to the meal pattern if within the specifications for calories, saturated fat, and sodium.
- m. Sodium Target 1A is effective through SY 2026-27.

# Vegetable Subgroups in the National School Lunch Program

The National School Lunch Program (NSLP) requires weekly servings from the five vegetable subgroups. Below are the five vegetable subgroups and examples of vegetables from each. For more information about each vegetable and crediting, visit the [USDA Food Buying Guide](https://foodbuyingguide.fns.usda.gov) (<https://foodbuyingguide.fns.usda.gov>).

<p><b>Dark Green</b> Fresh, frozen, and canned</p> <p>Beet greens Bok choy Broccoli Broccolini Chicory Cilantro Collard greens Endive (escarole) Grape leaves Kale Loose lettuce (e.g., butterhead, bibb, boston, arugula, spring mix, etc.) Mustard greens Parsley Spinach Swiss chard Romaine lettuce Turnip greens Watercress</p>	<p><b>Other</b> Fresh, frozen, and canned</p> <p>Artichokes Asparagus Avocado Bamboo shoots Bean sprouts [cooked for food safety] (e.g., mung) Beets Bell peppers (green, yellow) Breadfruit Brussels sprouts Cabbage (green, red, celery, napa) Cactus (nopales) Carrots, rainbow (e.g., purple, yellow) Cauliflower Celery Chayote (mirliton) Cucumbers Eggplant Green beans Green chilies (anaheim, jalepeño) Green onions</p> <p>Iceberg lettuce Kohlrabi Mushrooms Okra Olives Onions (white, yellow, red) Pepperoncini Pickles (cucumber) Radishes Rutabagas Sauerkraut Seaweed Snow peas Sugar snap peas Tomatillo Turnips Wax beans Yellow summer squash Zucchini squash</p>	
<p><b>Red/Orange</b> Fresh, frozen, and canned</p> <p>Acorn squash Bell peppers (orange, red) Butternut squash Carrots Cherry peppers Hubbard squash Pimientos (pimentos) Pumpkin Salsa Spaghetti squash Sweet potatoes Tomatoes Tomato products (e.g., puree, paste, sauce)</p>	<p><b>Beans and Peas (Legumes)</b> Canned, frozen, or cooked from dry <i>*mature, dry</i></p> <p>Baked beans Black beans *Black-eyed peas Edamame (soy beans) Garbanzo beans (chickpeas) Great northern beans Kidney beans Lentils *Lima beans Mung beans Navy beans (pea bean) Pink beans Pinto beans Red beans Refried beans *Soy beans</p>	<p><b>Starchy</b> Fresh, frozen, and canned <i>**not dry</i></p> <p>**Black-eyed peas, fresh Cassava (yuca) Corn **Field peas, fresh Green peas Hominy, canned Jicama (yam bean) **Lima beans, green Parsnips **Pigeon peas Plantains Poi Potatoes Taro (malanga) Water chestnuts Yautia (tannier)</p>

Any combination of: Dark Green + Red/Orange + Beans and Peas (Legumes) + Other = Other  
Dark Green + Red/Orange + Beans and Peas (Legumes) + Other + Starchy = Additional

Pasta products made of vegetable flour(s) may credit toward the appropriate vegetable subgroup(s).



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