



# GRAINS

**TRANSITIONAL STANDARDS  
FOR SCHOOL YEARS 2022–2023 AND 2023–2024**

## 80%

of grains offered must be whole grain-rich

## 20%

of the other grains offered must be enriched



### National School Lunch Program Meal Pattern

#### Amount of Food per Week (minimum per day)

Grades K–5	Grades 6–8	Grades 9–12
8–9 (1 oz eq) servings	8–10 (1 oz eq) servings	10–12 (2 oz eq) servings

### School Breakfast Program Meal Pattern

#### Amount of Food per Week (minimum per day)

Grades K–5	Grades 6–8	Grades 9–12
7–10 (1 oz eq) servings	8–10 (1 oz eq) servings	9–10 (1 oz eq) servings

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