

5-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only: <ul style="list-style-type: none"> Must PREPARE all 5 components in required amounts At POS: Must SERVE all 5 components in minimum required amount 			Offer versus Serve (OVS): <ul style="list-style-type: none"> Must PREPARE all 5 components in required amounts At POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable 				
Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day Week							
Grades		K-5	6-8	K-8	9-12	Additional Information	
Fruit (cups)	Weekly (daily)		2½ (½)		5 (1)	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.	
	Serve Only: minimum amount required at POS		½		1		
	OVS: minimum amount to count at POS		½		½		
Total Vegetable (cups)	Weekly (daily)		3¾ (¾)		5 (1)	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.	
	Serve Only: minimum amount required at POS		¾		1		
	OVS: minimum amount to count at POS		½		½		
Vegetable Subgroups (cups)		Minimum weekly amounts					
Dark green		½		½		No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>	
Red/Orange		¾		1¼			
Beans/Peas (legumes)		½		½			
Starchy		½		½			
Other		½		¾			
To meet weekly requirement, vegetables from ANY subgroup		1		1½		Minimum creditable amount to count towards a subgroup is 1/8 cup.	
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>		8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	All grains offered must be whole grain rich. Weekly, no more than 2 oz eq grain based dessert.
	Serve Only and OVS: Minimum amount to count as a component at POS		1	1	1	2	
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>		8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS		1	1	1	2	
Fluid milk (cups)	Weekly (daily)		5 (1)			Offer two varieties daily (variety: fat content or flavor). Flavored milk may be only non-fat.	

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Other Specifications: Daily Amount Based on the Average for a 5-Day Week

Grades	K-5	6-8	K-8	9-12	Additional Information
Minimum - Maximum calories (kcal)	550-650	600-700	600-650	750-850	
<i>Sodium Target 2 (mg)</i>	≤ 935	≤ 1035	≤ 935	≤ 1080	<i>The current sodium guidelines (Target 2) were implemented in SY 2017-2018</i>
<i>Sodium Final Target implement in SY 2022-23</i>	≤ 640	≤ 710	≤ 640	≤ 740	
Saturated fat (% of calories)	< 10				
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of trans fat per serving				