

# 3-Day Meal Pattern for NSLP

National School Lunch Program

<b>Serve Only:</b> <ul style="list-style-type: none"> <li>• Must PREPARE all 5 components in required amounts</li> <li>• At POS: Must SERVE all 5 components in minimum required amount</li> </ul>			<b>Offer versus Serve (OVS):</b> <ul style="list-style-type: none"> <li>• Must PREPARE all 5 components in required amounts</li> <li>• At POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable</li> </ul>			
<b>Component Specifications: Daily and Weekly Amount Based on the Average for a 3-Day Week</b>						
<b>Grades</b>		<b>K-5</b>	<b>6-8</b>	<b>K-8</b>	<b>9-12</b>	<b>Additional Information</b>
<b>Fruit (cups)</b>	<b>Weekly (daily)</b>	<b>1 ½ (½)</b>			<b>3 (1)</b>	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	<b>Serve Only: minimum amount required at POS</b>	$\frac{1}{2}$			1	
	<b>OVS: minimum amount to count at POS</b>	$\frac{1}{2}$			$\frac{1}{2}$	
<b>Total Vegetable (cups)</b>	<b>Weekly (daily)</b>	<b>2 ¼ (¾)</b>			<b>3 (1)</b>	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	<b>Serve Only: minimum amount required at POS</b>	$\frac{3}{4}$			1	
	<b>OVS: minimum amount to count at POS</b>	$\frac{1}{2}$			$\frac{1}{2}$	
<b>Vegetable Subgroups (cups)</b>		<b>Minimum weekly amounts</b>				
<b>Dark green</b>		$\frac{1}{2}$			$\frac{1}{2}$	No maximum for any subgroup.  Minimum creditable amount to count towards a subgroup is 1/8 cup.
<b>Red/Orange</b>		$\frac{1}{2}$			<b>1</b>	
<b>Beans/Peas (legumes)</b>		$\frac{1}{2}$			$\frac{1}{2}$	
<b>Starchy</b>		$\frac{1}{2}$			$\frac{1}{2}$	
<b>Other</b>		$\frac{1}{4}$			$\frac{1}{2}$	
<b>To meet weekly requirement, vegetables from ANY subgroup</b>		<b>0</b>			<b>0</b>	
<b>Whole Grain-Rich Grains (oz eq)</b>	<b>Weekly (daily) amounts</b> <small><i>*Not required to meet weekly maximum</i></small>	<b>5-5.5* (1)</b>	<b>5-6* (1)</b>	<b>5-5.5* (1)</b>	<b>6-7* (2)</b>	All grains offered must be whole grain-rich.
	<b>Serve Only and OVS: Minimum amount to count as a component at POS</b>	1	1	1	2	Weekly, no more than 2 oz eq grain based desserts.
<b>Meat/ Meat Alternate (oz eq)</b>	<b>Weekly (daily) amounts</b> <small><i>*Not required to meet weekly maximum</i></small>	<b>5-6* (1)</b>	<b>5.5-6* (1)</b>	<b>5.5-6* (1)</b>	<b>6-7* (2)</b>	
	<b>Serve Only and OVS: Minimum amount to count as a component at POS</b>	1	1	1	2	
<b>Fluid milk (cups)</b>	<b>Weekly (daily)</b>	<b>3 (1)</b>				Offer two varieties daily (variety: fat content or flavor).  Flavored milk may be only non-fat.

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## Dietary Specifications: Weekly Average Requirement for a 3-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	
<b>Sodium Target 2 (mg)</b>	≤ 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	
<b>Saturated fat (% of calories)</b>	< 10				

## Dietary Specifications: Daily Requirement for a 3-Day Week

Grades	K-5	6-8	K-8	9-12	
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of <u>trans</u> fat per serving				

# 4-Day Meal Pattern for NSLP

National School Lunch Program

<b>Serve Only:</b> <ul style="list-style-type: none"> <li>• Must PREPARE all 5 components in required amounts</li> <li>• At POS: Must SERVE all 5 components in minimum required amount</li> </ul>			<b>Offer versus Serve (OVS):</b> <ul style="list-style-type: none"> <li>• Must PREPARE all 5 components in required amounts</li> <li>• At POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable</li> </ul>						
<b>Component Specifications: Daily and Weekly Amount Based on the Average for a 4-Day Week</b>									
		<b>Grades</b>	<b>K-5</b>	<b>6-8</b>	<b>K-8</b>	<b>9-12</b>	<b>Additional Information</b>		
<b>Fruit (cups)</b>	<b>Weekly (daily)</b>	<b>2 (½)</b>			<b>4 (1)</b>		Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.		
	<b>Serve Only: minimum amount required at POS</b>	½			1				
	<b>OVS: minimum amount to count at POS</b>	½			½				
<b>Total Vegetable (cups)</b>	<b>Weekly (daily)</b>	<b>3 (¾)</b>			<b>4 (1)</b>		Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.		
	<b>Serve Only: minimum amount required at POS</b>	¾			1				
	<b>OVS: minimum amount to count at POS</b>	½			½				
<b>Vegetable Subgroups (cups)</b>		<b>Minimum weekly amounts</b>				No maximum for any subgroup. *Must offer more than minimum weekly values in order to meet weekly total.  Minimum creditable amount to count towards a subgroup is 1/8 cup.			
		Dark green		½	½				
		Red/Orange		¾				1 ¼	
		Beans/Peas (legumes)		½				½	
		Starchy		½				½	
		Other		½				¾	
		<b>To meet weekly requirement, vegetables from ANY subgroup</b>		¼		¼			
<b>Whole Grain-Rich Grains (oz eq)</b>	<b>Weekly (daily) amounts</b> <small>*Not required to meet weekly maximum</small>	<b>6.5-7*</b> <b>(1)</b>	<b>6.5-8*</b> <b>(1)</b>	<b>6.5-7*</b> <b>(1)</b>	<b>8-9.5*</b> <b>(2)</b>		All grains offered must be whole grain-rich.  Weekly, no more than 2 oz eq grain based dessert.		
	<b>Serve Only and OVS: Minimum amount to count as a component at POS</b>	1	1	1	2				
<b>Meat/ Meat Alternate (oz eq)</b>	<b>Weekly (daily) amounts</b> <small>*Not required to meet weekly maximum</small>	<b>6.5-8*</b> <b>(1)</b>	<b>7-8*</b> <b>(1)</b>	<b>7-8* (1)</b>		<b>8-9.5*</b> <b>(2)</b>			
	<b>Serve Only and OVS: Minimum amount to count as a component at POS</b>	1	1	1		2			
<b>Fluid milk (cups)</b>	<b>Weekly (daily)</b>	<b>4 (1)</b>				Offer two varieties daily (variety: fat content or flavor).  Flavored milk may be only non-fat.			

# 4-Day Meal Pattern for NSLP

National School Lunch Program

## Dietary Specifications: Weekly Average Requirement for a 4-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	
<b>Sodium Target 2 (mg)</b>	≤ 935	≤ 1035	≤ 935	≤ 1080	<i>The current sodium guidelines (Target 2) were implemented in SY 2017-18</i>
<i>Sodium Final Target implement in SY 2022-23</i>	≤ 640	≤ 710	≤ 640	≤ 740	
<b>Saturated fat (% of calories)</b>	< 10				

## Dietary Specifications: Daily Requirement for a 4-Day Week

Grades	K-5	6-8	K-8	9-12	
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of <u>trans</u> fat per serving				

# 5-Day Meal Pattern for NSLP

National School Lunch Program

<b>Serve Only:</b> <ul style="list-style-type: none"> <li>Must PREPARE all 5 components in required amounts</li> <li>At POS: Must SERVE all 5 components in minimum required amount</li> </ul>			<b>Offer versus Serve (OVS):</b> <ul style="list-style-type: none"> <li>Must PREPARE all 5 components in required amounts</li> <li>At POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable</li> </ul>				
<b>Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day Week</b>							
<b>Grades</b>		<b>K-5</b>	<b>6-8</b>	<b>K-8</b>	<b>9-12</b>	<b>Additional Information</b>	
<b>Fruit (cups)</b>	<b>Weekly (daily)</b>		<b>2½ (½)</b>		<b>5 (1)</b>	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.	
	<b>Serve Only: minimum amount required at POS</b>		<b>½</b>		<b>1</b>		
	<b>OVS: minimum amount to count at POS</b>		<b>½</b>		<b>½</b>		
<b>Total Vegetable (cups)</b>	<b>Weekly (daily)</b>		<b>3¾ (¾)</b>		<b>5 (1)</b>	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.	
	<b>Serve Only: minimum amount required at POS</b>		<b>¾</b>		<b>1</b>		
	<b>OVS: minimum amount to count at POS</b>		<b>½</b>		<b>½</b>		
<b>Vegetable Subgroups (cups)</b>		<b>Minimum weekly amounts</b>					
<b>Dark green</b>		<b>½</b>		<b>½</b>		No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>	
<b>Red/Orange</b>		<b>¾</b>		<b>1 ¼</b>			
<b>Beans/Peas (legumes)</b>		<b>½</b>		<b>½</b>			
<b>Starchy</b>		<b>½</b>		<b>½</b>			
<b>Other</b>		<b>½</b>		<b>¾</b>			
<b>To meet weekly requirement, vegetables from ANY subgroup</b>		<b>1</b>		<b>1 ½</b>		Minimum creditable amount to count towards a subgroup is 1/8 cup.	
<b>Whole Grain-Rich Grains (oz eq)</b>	<b>Weekly (daily) amounts</b> <i>*Not required to meet weekly maximum</i>		<b>8-9* (1)</b>	<b>8-10* (1)</b>	<b>8-9* (1)</b>	<b>10-12* (2)</b>	All grains offered must be whole grain rich.  Weekly, no more than 2 oz eq grain based dessert.
	<b>Serve Only and OVS: Minimum amount to count as a component at POS</b>		<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	
<b>Meat/ Meat Alternate (oz eq)</b>	<b>Weekly (daily) amounts</b> <i>*Not required to meet weekly maximum</i>		<b>8-10* (1)</b>	<b>9-10* (1)</b>	<b>9-10* (1)</b>	<b>10-12* (2)</b>	
	<b>Serve Only and OVS: Minimum amount to count as a component at POS</b>		<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	
<b>Fluid milk (cups)</b>	<b>Weekly (daily)</b>		<b>5 (1)</b>			Offer two varieties daily (variety: fat content or flavor).  Flavored milk may be only non-fat.	

# 5-Day Meal Pattern for NSLP

National School Lunch Program

## 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>	$\leq 935$	$\leq 1035$	$\leq 935$	$\leq 1080$	<i>The current sodium guidelines (Target 2) were implemented in SY 2017-2018</i>
<i>Sodium Final Target implement in SY 2022-23</i>	$\leq 640$	$\leq 710$	$\leq 640$	$\leq 740$	
Saturated fat (% of calories)	$< 10$				
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of trans fat per serving				

# 6-Day Meal Pattern for NSLP

National School Lunch Program

<b>Serve Only:</b> <ul style="list-style-type: none"> <li>• Must PREPARE all 5 components in required amounts</li> <li>• At POS: Must SERVE all 5 components in minimum required amount</li> </ul>		<b>Offer versus Serve (OVS):</b> <ul style="list-style-type: none"> <li>• Must PREPARE all 5 components in required amounts</li> <li>• At POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable</li> </ul>				
<b>Component Specifications: Daily and Weekly Amount Based on the Average for a 6-Day Week</b>						
<b>Grades</b>		<b>K-5</b>	<b>6-8</b>	<b>K-8</b>	<b>9-12</b>	<b>Additional Information</b>
<b>Fruit (cups)</b>	<b>Weekly (daily)</b>	<b>3 (½)</b>			<b>6 (1)</b>	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	<b>Serve Only: minimum amount required at POS</b>	$\frac{1}{2}$			1	
	<b>OVS: minimum amount to count at POS</b>	$\frac{1}{2}$			$\frac{1}{2}$	
<b>Total Vegetable (cups)</b>	<b>Weekly (daily)</b>	<b>4 ½ (¾)</b>			<b>6 (1)</b>	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	<b>Serve Only: minimum amount required at POS</b>	$\frac{3}{4}$			1	
	<b>OVS: minimum amount to count at POS</b>	$\frac{1}{2}$			$\frac{1}{2}$	
<b>Vegetable Subgroups (cups)</b>		<b>Minimum weekly amounts</b>				
<b>Dark green</b>		$\frac{1}{2}$			$\frac{1}{2}$	No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
<b>Red/Orange</b>		$\frac{3}{4}$			<b>1 ¼</b>	
<b>Beans/Peas (legumes)</b>		$\frac{1}{2}$			$\frac{1}{2}$	
<b>Starchy</b>		$\frac{1}{2}$			$\frac{1}{2}$	
<b>Other</b>		$\frac{1}{2}$			$\frac{3}{4}$	
<b>To meet weekly requirement, vegetables from ANY subgroup</b>		<b>1 ¾</b>			<b>2 ½</b>	Minimum creditable amount to count towards a subgroup is 1/8 cup.
<b>Whole Grain-Rich Grains (oz eq)</b>	<b>Weekly (daily) amounts</b> <i>*Not required to meet weekly maximum</i>	<b>9.5-11* (1)</b>	<b>9.5-12* (1)</b>	<b>9.5-11* (1)</b>	<b>12-14.5* (2)</b>	All grains offered must be whole grain-rich.
	<b>Serve Only and OVS: Minimum amount to count as a component at POS</b>	1	1	1	2	Weekly, no more than 2 oz eq grain based dessert.
<b>Meat/ Meat Alternate (oz eq)</b>	<b>Weekly (daily) amounts</b> <i>*Not required to meet weekly maximum</i>	<b>9.5-12* (1)</b>	<b>11-12* (1)</b>	<b>11-12* (1)</b>	<b>12-14.5* (2)</b>	
	<b>Serve Only and OVS: Minimum amount to count as a component at POS</b>	1	1	1	2	
<b>Fluid milk (cups)</b>	<b>Weekly (daily)</b>	<b>6 (1)</b>				Offer two varieties daily (variety: fat content or flavor).  Flavored milk may be only non-fat.

# 6-Day Meal Pattern for NSLP

National School Lunch Program

Dietary Specifications: Weekly Average Requirement for a 6-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	
<b>Sodium Target 2 (mg)</b>	≤ 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				
Dietary Specifications: Daily Requirement for a 6-Day Week					
Grades	K-5	6-8	K-8	9-12	
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of <u>trans</u> fat per serving				

# 7-Day Meal Pattern for NSLP

National School Lunch Program

<b>Serve Only:</b> <ul style="list-style-type: none"> <li>Must PREPARE all 5 components in required amounts</li> <li>At POS: Must SERVE all 5 components in minimum required amount</li> </ul>		<b>Offer versus Serve (OVS):</b> <ul style="list-style-type: none"> <li>Must PREPARE all 5 components in required amounts</li> <li>At POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable</li> </ul>				
<b>Component Specifications: Daily and Weekly Amount Based on the Average for a 7-Day Week</b>						
<b>Grades</b>		<b>K-5</b>	<b>6-8</b>	<b>K-8</b>	<b>9-12</b>	<b>Additional Information</b>
<b>Fruit (cups)</b>	<b>Weekly (daily)</b>	<b>3 ½ (½)</b>			<b>7 (1)</b>	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	<b>Serve Only: minimum amount required at POS</b>	½			1	
	<b>OVS: minimum amount to count at POS</b>	½			½	
<b>Total Vegetable (cups)</b>	<b>Weekly (daily)</b>	<b>5 ¼ (¾)</b>			<b>7 (1)</b>	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	<b>Serve Only: minimum amount required at POS</b>	¾			1	
	<b>OVS: minimum amount to count at POS</b>	½			½	
<b>Vegetable Subgroups (cups)</b>		<b>Minimum weekly amounts</b>				
<b>Dark green</b>		½			½	No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
<b>Red/Orange</b>		¾			<b>1 ¼</b>	
<b>Beans/Peas (legumes)</b>		½			½	
<b>Starchy</b>		½			½	
<b>Other</b>		½			¾	
<b>To meet weekly requirement, vegetables from ANY subgroup</b>		<b>2 ½</b>			<b>3 ½</b>	Minimum creditable amount to count towards a subgroup is 1/8 cup.
<b>Whole Grain-Rich Grains (oz eq)</b>	<b>Weekly (daily) amounts</b> <i>*Not required to meet weekly maximum</i>	<b>11-12.5* (1)</b>	<b>11-14* (1)</b>	<b>11-12.5* (1)</b>	<b>14-17* (2)</b>	All grains offered must be whole grain-rich.
	<b>Serve Only and OVS: Minimum amount to count as a component at POS</b>	1	1	1	2	Weekly, no more than 2 oz eq grain based dessert.
<b>Meat/ Meat Alternate (oz eq)</b>	<b>Weekly (daily) amounts</b> <i>*Not required to meet weekly maximum</i>	<b>11-14* (1)</b>	<b>12.5-14* (1)</b>	<b>12.5-14* (1)</b>	<b>14-17* (2)</b>	
	<b>Serve Only and OVS: Minimum amount to count as a component at POS</b>	1	1	1	2	
<b>Fluid milk (cups)</b>	<b>Weekly (daily)</b>	<b>7 (1)</b>				Offer two varieties daily (variety: fat content or flavor).  Flavored milk may be only non-fat.

# 7-Day Meal Pattern for NSLP

National School Lunch Program

Dietary Specifications: Weekly Average Requirement for a 7-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	
<b>Sodium Target 2 (mg)</b>	<b>≤ 935</b>	<b>≤ 1035</b>	<b>≤ 935</b>	<b>≤ 1080</b>	<i>The current sodium guidelines (Target 2) were implemented in SY 2017-2018</i>
<i>Sodium Final Target implement in SY 2022-23</i>	<b>≤ 640</b>	<b>≤ 710</b>	<b>≤ 640</b>	<b>≤ 740</b>	
Saturated fat (% of calories)	<b>&lt; 10</b>				
Dietary Specifications: Daily Requirement for a 7-Day Week					
Grades	K-5	6-8	K-8	9-12	
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of <b>trans fat</b> per serving				