

# National School Lunch Program (NSLP) Meal Pattern - 5 Day

## Just Serve Instructions:

- Must PREPARE all 5 components in required amount.
- At POS: Must SERVE all 5 components in minimum required amount.

## Offer versus Serve (OVS) Instructions:

- Must PREPARE all 5 components in required amount.
- At POS: Must TAKE 3 components: at least 1/2 cup of fruit or vegetable & 2 other components in minimum required amount.

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12	Additional Information
<b>Milk</b> Must offer two varieties and one variety must be unflavored.	5 cups/week 1 cup daily	5 cups/week 1 cup daily	5 cups/week 1 cup daily	All fluid milk must be fat-free (skim) or low-fat (1 percent). Milk may be unflavored or flavored.
<b>Fruits</b>	2 ½ cups/week 1/2 cup daily min	2 ½ cups/week 1/2 cup daily min	5 cups/week 1 cup daily min	Only 100% fruit juice is allowed. No more than half the weekly offering of fruit may be 100% juice.
<b>Vegetables (total)</b> Subgroups:	3 ¾ cups/week 3/4 cup daily min	3 ¾ cups/week 3/4 cup daily min	5 cups/week 1 cup daily min	Daily minimum must be offered (or 'served'). For OVS, ½ cup may be taken. <ul style="list-style-type: none"> <li>• Leafy greens credit as half the amount. Dried fruit credits as double.</li> </ul> Additional Vegetables from any subgroup must be offered in order to meet weekly total.
<i>Dark Green</i>	1/2 cup/wk	1/2 cup/wk	1/2 cup/wk	
<i>Red / Orange</i>	3/4 cup/wk	3/4 cup/wk	1 ¼ cup/wk	
<i>Legumes</i>	1/2 cup/wk	1/2 cup/wk	1/2 cup/wk	
<i>Starchy</i>	1/2 cup/wk	1/2 cup/wk	1/2 cup/wk	
<i>Other</i>	1/2 cup/wk	1/2 cup/wk	3/4 cup/wk	
<i>Additional Vegetable</i>	1 cup/wk	1 cup/wk	1 ½ cup/wk	
<b>Meat or Meat Alternates</b>	8-10 oz eq/wk* 1 oz daily min	9-10 oz eq/wk* 1 oz daily min	10-12 oz eq/wk* 2 oz daily min	Daily & Weekly requirements must be met
<b>Grains / Breads</b> - At least 80% of grain items offered must be whole grain rich (WGR)	8-9 oz equivalent/wk* 1 oz daily min	8-10 oz equivalent/wk* 1 oz daily min	10-12 oz equivalent/wk* 2 oz daily min	Daily & Weekly minimums must be met <ul style="list-style-type: none"> <li>• 2 oz eq grain-based desserts or less may be offered weekly.</li> </ul>
<b>Minimum – Max. Calories (kcal)</b>	550 – 650	600 – 700	750 - 850	-Weekly average
<b>Saturated Fat (% of total calories)</b>	<10%	<10%	<10%	-Weekly average
<b>Sodium Target 1A**</b>	≤1110 mg**	≤1225 mg**	≤1280 mg**	-Weekly average
<b>Trans Fat</b>	0 grams / serving	0 grams / serving	0 grams / serving	

\*Staying within the maximums for Grain & M/MA helps with dietary specifications but is not required.

\*\*Sodium limit will decrease in SY2027-28 for lunch: grades K-5 <935 mg, grades 6-8 <1,035 mg, grades 9-12 <1,080 mg

