

NSLP Meal Pattern - 5 Day

National School Lunch Program

Serve Only:

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

Offer versus Serve (OVS):

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

****For SY2021-22, SFAs have the flexibility of offering 1% flavored milk instead of fat-free flavored if not available, and at least half (50%) of the weekly grains offered must be whole grain rich. The remaining grain items must be enriched instead of 100% WGR.**

Flexibilities are only available if opted into and approved for the [Targeted Meal Pattern Flexibility Waiver SY2021-22](#)

| Food Components | Grade K - 5 | Grade 6 – 8 | Grade 9 - 12 | Additional Information |
|--|--|--|---|--|
| Milk | 1 cup daily 5 cups/week | 1 cup daily 5 cups/week | 1 cup daily 5 cups/week | -Must offer two varieties (1% or fat-free unflavored, fat-free flavored) ** |
| Meat or Meat Alternates -Weekly minimum* | 1 oz daily min ≥ 8 oz eq/week | 1 oz daily min ≥ 9 oz eq/week | 2 oz daily min ≥ 10 oz eq/week | *Daily & Weekly requirements must be met |
| Vegetables (total) Subgroups: -Weekly minimum* | ¾ cup daily min 3¾ cups/week | ¾ cup daily min 3¾ cups/week | 1 cup daily min 5 cups/week | Daily minimum must be offered (or 'served'). For OVS, ½ cup may be taken. Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice. *Additional Vegetables from any subgroup must be offered in order to meet weekly total. |
| <i>Dark Green</i> | ½ cup/wk | ½ cup/wk | ½ cup/wk | |
| <i>Red / Orange</i> | ¾ cup/wk | ¾ cup/wk | 1¼ cup/wk | |
| <i>Legumes</i> | ½ cup/wk | ½ cup/wk | ½ cup/wk | |
| <i>Starchy</i> | ½ cup/wk | ½ cup/wk | ½ cup/wk | |
| <i>Other</i> | ½ cup/wk | ½ cup/wk | ¾ cup/wk | |
| <i>Additional Vegetable</i> | 1 cup/wk | 1 cup/wk | 1 ½ cup/wk | |
| Fruits -Weekly minimum | ½ cup daily min 2½ cups/week | ½ cup daily min 2½ cups/week | 1 cup daily min 5 cups/week | Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice. |
| Grains / Breads -Weekly minimum* - All, 100% of grain items offered must be whole grain rich (WGR) ** | 1 oz daily min ≥ 8 oz equivalent/week | 1 oz daily min ≥ 8 oz equivalent/week | 2 oz daily min ≥ 10 oz equivalent/week | *Daily & Weekly requirements must be met -No more than 2 oz eq grain-based desserts may be offered weekly. |
| Minimum – Max. Calories (kcal) -Weekly average | 550 – 650 | 600 – 700 | 750 - 850 | |
| Saturated Fat (% of total calories) -Weekly average | <10% | <10% | <10% | |
| Sodium -Weekly average | ≤1230 mg | ≤1360 mg | ≤1420 mg | |
| Trans Fat | 0 grams / serving | 0 grams / serving | 0 grams / serving | |