

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
Milk 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.
Fruits	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.
Vegetables (total) 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"> • Leafy greens credit as half the amount. Dried fruit credits as double. 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	
Meat or Meat Alternates	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
Grains / Breads - 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"> • 2 oz eq grain-based desserts or less may be offered weekly.
Minimum – Max. Calories (kcal)	550 – 650	600 – 700	750 - 850	-Weekly average
Saturated Fat (% of total calories)	<10%	<10%	<10%	-Weekly average
Sodium Target 1**	≤1230 mg**	≤1360 mg**	≤1420 mg**	-Weekly average **Sodium Target 1 limit for NSLP SY2022-23
Trans Fat	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 targets will decrease by 10% in SY2024-25 for lunch.

