

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 1A** | ≤1110 mg** | ≤1225 mg** | ≤1280 mg** | -Weekly average **Sodium Target 1A limit for NSLP SY23-24 |
| 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.

