

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.

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	Unflavored milk <i>must</i> be offered. Offer two varieties daily: (1% or fat-free, flavor or unflavored)
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*	3/4 cup daily 3 ¾ cups/week	3/4 cup daily 3 ¾ cups/week	1 cup daily 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.
<i>Dark Green</i>	1/2 cup/wk	1/2 cup/wk	1/2 cup/wk	*Must offer more than minimum weekly values in order to meet weekly total.
<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	
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* - SFAs have the flexibility to provide enriched grains so long as <i>at least</i> 50% of grains offered weekly are whole grain-rich on each serving line.	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	

This institution is an equal opportunity provider.

