

# National School Lunch Program (NSLP) Meal Pattern - 4 Day

## Just Serve Instructions:

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

## Offer versus Serve (OVS) Instructions:

- Must PREPARE all 5 components in the 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.	4 cups/wk 1 cup daily	4 cups/wk 1 cup daily	4 cups/wk 1 cup daily	Allowable varieties include flavored or unflavored fat-free/skim or low-fat/1 %. <b>Flavored milk added sugar limits: ≤ 10 grams added sugars per 8 fl oz or; grades 6-12 a la carte limit is ≤15 grams per 12 fl oz.</b>
<b>Fruits</b>	2 cups/wk 1/2 cup daily min	2 cups/wk 1/2 cup daily min	4 cups/wk 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 cups/wk 3/4 cup daily min	3 cups/wk 3/4 cup daily min	4 cups/wk 1 cup daily min	Daily minimum must be offered (or 'served'). For OVS, ½ cup may be taken.  Leafy greens credit as half the amount. Dried fruit credits as double.  <i>Additional Vegetables from any subgroup must be offered in order to meet weekly total.</i>
<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>	6.5-8 oz eq/wk* 1 oz daily min	7-8 oz eq/wk* 1 oz daily min	8-9.5 oz eq/wk* 2 oz daily min	Daily & Weekly requirements must be met <b>Yogurt added sugar limit: ≤ 12 grams per 6 oz(2 g/oz).</b>
<b>Grains</b> - At least 80% of grain items offered must be whole grain rich (WGR)	6.5-7 oz eq/wk* 1 oz daily min	6.5-8 oz eq/wk* 1 oz daily min	8-9.5 oz eq/wk* 2 oz daily min	Daily & Weekly minimums must be met ≤ 2 oz eq grain-based desserts may be offered weekly. <b>Breakfast cereal added sugar limit: ≤ 6 grams per dry</b>
<b>Min. – 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>	≤1,110 mg	≤1,225 mg	≤1,280 mg	-Weekly average **Sodium Target for NSLP SY2027-28
<b>Trans Fat</b>	0 grams / serving	0 grams / serving	0 grams / serving	

\*Staying within the maximums helps with dietary specifications but are not required. \*\*Sodium target, in effect beginning July 1, 2027, reduced by approximately 15% for lunch.

