

# National School Lunch Program

## What's on Your Tray?









**National School Lunch Program (NSLP)** Is a federally funded meal program operating in public schools, nonprofit private schools, and residential child care institutions. Students receive a nutritionally balanced, low-cost or free lunch that will provide 1/3 of the Recommended Dietary Allowances (RDA) of necessary nutrients. School districts that participate in NSLP receive reimbursement for each meal served. In addition to reimbursements, schools are eligible to receive USDA foods. The program enhances students learning abilities by contributing to their physical and mental well being.



Menus are planned for grades K-5, 6-8, and 9-12, and will demonstrate to students the right size portions. The current meal pattern increases the availability of fruits, vegetables, and whole grains in the school menu.

Required Meal Components	<u>Grades K-5</u>		<u>Grades 6-8</u>		<u>Grades K-8</u>		<u>Grades 9-12</u>	
	Daily	Weekly	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fruit (Cups)	1/2	2 1/2	1/2	2 1/2	1/2	2 1/2	1	5
Vegetables (Cups)	3/4	3 3/4	3/4	3 3/4	3/4	3 3/4	1	5
Dark Green		½		½		½		½
Red/Orange		¾		¾		¾		1 ¼
Beans/Peas (Legumes)		½		½		½		½
Starchy		½		½		½		½
Other		½		½		½		¾
Additional to reach total		1		1		1		1 1/2
Grains (oz. equivalents)	1	8-9	1	8-10	1	8-9	2	10-12
Meat/Meat Alternate (oz. equivalents)	1	8-10	1	9-10	1	9-10	2	10-12
Fluid Milk (Cups)	1	5	1	5	1	5	1	5

## Guidelines:

-  Plan menus which meet specific components, portion sizes, and nutritional standards in accordance with USDA regulations
-  Claim reimbursement only for lunches that meet the required meal pattern and are served to eligible students
-  Provide a free or reduced price lunch to any student from a household meeting criteria for eligibility and maintain eligibility documentation for free or reduced price meals
-  Operate the program on a nonprofit basis solely for the benefit of all students within the school
-  Maintain required records
-  Establish a price charged to the paying student within the maximum established by NJDA and in compliance with the federal lunch price equity requirements
-  Keep all records on file and available for review for 3 years following the fiscal year which they pertain to
-  Comply with the Smart Snacks Standards established by USDA. Which provides nutrition standards for all foods & beverages sold in school

**Offer vs. Serve (OVS)** Students must be offered all **5** components at lunch in portions planned to meet the daily minimum quantities for each age/grade group. OVS is required at high schools and is optional for elementary and middle schools. OVS at lunch requires students to take at least **3** of the **5** food components offered, including at least  $\frac{1}{2}$  cup of fruits or vegetables and the minimum daily serving of at least two other components.



## 5 Lunch Components

New Jersey State Department of Agriculture Division of Food & Nutrition School Nutrition Programs

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