

(5-Day) Meal Pattern for 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 at least 3 components in minimum required amount, one must be fruit or vegetable

Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day week

Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2½ (½)		5 (1)		Only 100% Fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	½		1		
	OVS: minimum amount to count at POS	½		½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		5 (1)		Only 100% Vegetable juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	¾		1		
	OVS: minimum amount to count at POS	½		½		
Vegetable Subgroups (cups)		Minimum weekly amounts				
Dark green		½		½		No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange		¾		1¼		
Beans/Peas (legumes)		½		½		
Starchy		½		½		
Other		½		¾		Minimum creditable amount to count as a subgroup is 1/8 cup.
To meet weekly requirement, vegetables from ANY subgroup		1		1		
Grains (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	All grains offered must be whole grain rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	Weekly, no more than 2 oz/eq. grain based dessert.
Meat/ Meat Alternate (oz/eq.)	Weekly (daily) amounts <small>*Not required to meet Weekly maximum</small>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	5 (1)				Offer two varieties daily. (variety: fat content or flavor)

Dietary Specifications: Weekly Average Requirement for a 5-Day week

Grades	K-5	6-8	K-8	9-12	Additional information
Minimum - Maximum calories (kcal)	550-650	600-700	600-650	750-850	
Sodium (mg)	≤ 1230	≤ 1360	≤ 1230	≤ 1420	<i>The current sodium guidelines (Target 1) were implemented SY 14-15.</i>
<i>Sodium Target 2 implement in SY 2017/18</i>	≤ 935	≤ 1035	≤ 935	≤ 1080	
<i>Sodium Final Target Implement in SY 2022/23</i>	≤ 640	≤ 710	≤ 640	≤ 740	
Saturated fat (% of calories)	≤ 10				

Dietary Specifications: Daily Requirement for a 5-Day week

Grades	K-5	6-8	K-8	9-12	
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of <u>trans fat</u> per serving.				

