

Lunch Meal Pattern SY 2013-14 (3-Day)

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 3-day week

Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	1 ½ (½)			3 (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 as a component at POS	½			½	
Total Vegetable (cups)	Weekly (daily)	2 ¼ (¾)			3 (1)	
	Serve Only: minimum amount required at POS	¾			1	
	OVS: minimum amount to count as a component at POS	½			½	
Vegetable Subgroups (cups)		Weekly amounts to offer per child				
	Dark green	½			½	No maximum for any subgroup Minimum creditable amount to count as a subgroup is 1/8 cup
	Red/Orange	½			1	
	Beans/Peas (legumes)	½			½	
	Starchy	½			½	
	Other	¼			½	
	To meet weekly requirement, vegetables from ANY subgroup	0			0	
Grains (oz/eq.)	Weekly (daily) amounts <i>*Weekly maximum flexibility for SY13-14</i>	5-5.5* (1)	5-6* (1)	5-5.5* (1)	6-7* (2)	50% of grains offered must be whole grain rich Must count breadings toward grain oz/eq. Weekly, no more than 2 oz/eq. grain based dessert
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Meat/Meat Alternates (oz/eq.)	Weekly (daily) amounts <i>*Weekly maximum flexibility for SY13-14</i>	5-6* (1)	5.5-6* (1)	5.5-6* (1)	6-7* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	3 (1)				Must offer two varieties daily

Dietary Specifications: Weekly Average Requirement for a 3-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) 2013-14 only	1100-1300	1200-1400	1200-1300	1500-1700	Arizona requirement, 2mg/kcal
Sodium (mg) 2014-15	≤ 1230	≤ 1360	≤ 1230	≤ 1420	See implementation timeline for SY2017-2023
Saturated fat (% of calories)	≤ 10				

Dietary Specifications: Daily Requirement for a 3-day week

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