

3-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only:

- Must prepare all 5 components in required amounts
- At POS: Students must take all 5 components in minimum required amounts

Offer versus Serve (OVS):

- Must prepare all 5 components in required amounts
- At POS: Students must take at least 3 components in minimum required amounts, one of which must be at least ½ cup 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)		1½ (½)			3 (1)	All fruit juice must be 100% full-strength, and no more than half of the weekly fruit offerings may be in the form of juice. Dried fruit credits as double its volume (e.g., ¼ cup dried fruit credits as ½ cup fruit).
	Serve Only: minimum amount required at POS		½			1	
	OVS: minimum amount to count at POS		½			½	
Total Vegetable (cups)	Weekly (daily)		2¼ (¾)			3 (1)	All vegetable juice must be 100% full-strength, and no more than half of the weekly vegetable offerings may be in the form of 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	Minimum creditable amount to count towards a subgroup is 1/8 cup. Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).
	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	
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	5-5.5* (1)	5-6* (1)	5-5.5* (1)	6-7* (2)		At least 80% of the weekly grains offered must be whole grain-rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2		No more than 2 oz eq of the weekly grain offerings may be grain-based desserts.
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</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)				All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.

3-Day Meal Pattern for NSLP

National School Lunch Program

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 Interim Target 1 (mg)	≤ 1,110	≤ 1,225	≤ 1,110	≤ 1,280	Sodium Interim Target 1A must be met no later than July 1, 2023 (SY 2023-2024)
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				

4-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only:

- Must prepare all 5 components in required amounts
- At POS: Students must take all 5 components in minimum required amounts

Offer versus Serve (OVS):

- Must prepare all 5 components in required amounts
- At POS: Students must take at least 3 components in minimum required amounts, one of which must be at least ½ cup fruit or vegetable

Component Specifications: Daily and Weekly Amount Based on the Average for a 4-Day Week

Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2 (½)		4 (1)		All fruit juice must be 100% full-strength, and no more than half of the weekly fruit offerings may be in the form of juice. Dried fruit credits as double its volume (e.g., ¼ cup dried fruit credits as ½ cup fruit).
	Serve Only: minimum amount required at POS	½		1		
	OVS: minimum amount to count at POS	½		½		
Total Vegetable (cups)	Weekly (daily)	3 (¾)		4 (1)		All vegetable juice must be 100% full-strength, and no more than half of the weekly vegetable offerings may be in the form of 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				Minimum creditable amount to count towards a subgroup is 1/8 cup. Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).
Dark green		½		½		
Red/Orange		¾		1¼		
Beans/Peas (legumes)		½		½		
Starchy		½		½		
Other		½		¾		
To meet weekly requirement, vegetables from ANY subgroup		¼		¼		
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	6.5-7* (1)	6.5-8* (1)	6.5-7* (1)	8-9.5* (2)	At least 80% of the weekly grains offered must be whole grain-rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	No more than 2 oz eq of the weekly grain offerings may be grain-based desserts.
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	6.5-8* (1)	7-8* (1)	7-8* (1)	8-9.5* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	4 (1)				All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.

4-Day Meal Pattern for NSLP

National School Lunch Program

Dietary Specifications: Weekly Average Requirement for a 4-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 Interim Target 1 (mg)	≤ 1,110	≤ 1,225	≤ 1,110	≤ 1,280	Sodium Interim Target 1A must be met no later than July 1, 2023 (SY 2023-2024)
Saturated fat (% of calories)	≤ 10				

Dietary Specifications: Daily Requirement for a 4-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</u> fat per serving				

5-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only:

- Must prepare all 5 components in required amounts
- At POS: Students must take all 5 components in minimum required amounts

Offer versus Serve (OVS):

- Must prepare all 5 components in required amounts
- At POS: Students must take at least 3 components in minimum required amounts, one of which must be at least ½ cup 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)	All fruit juice must be 100% full-strength, and no more than half of the weekly fruit offerings may be in the form of juice. Dried fruit credits as double its volume (e.g., ¼ cup dried fruit credits as ½ cup fruit).
	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)	All vegetable juice must be 100% full-strength, and no more than half of the weekly vegetable offerings may be in the form of 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				Minimum creditable amount to count towards a subgroup is 1/8 cup. Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).
Dark green		½		½		
Red/Orange		¾		1¼		
Beans/Peas (legumes)		½		½		
Starchy		½		½		
Other		½		¾		
To meet weekly requirement, vegetables from ANY subgroup		1		1½		
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	At least 80% of the weekly grains offered must be whole grain-rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	No more than 2 oz eq of the weekly grain offerings may be grain-based desserts.
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	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)				All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.

5-Day Meal Pattern for NSLP

National School Lunch Program

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 Interim Target 1 (mg)	≤ 1,110	≤ 1,225	≤ 1,110	≤ 1,280	Sodium Interim Target 1A must be met no later than July 1, 2023 (SY 2023-2024)
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</u> fat per serving				

6-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only:

- Must prepare all 5 components in required amounts
- At POS: Students must take all 5 components in minimum required amounts

Offer versus Serve (OVS):

- Must prepare all 5 components in required amounts
- At POS: Students must take at least 3 components in minimum required amounts, one of which must be at least ½ cup fruit or vegetable

Component Specifications: Daily and Weekly Amount Based on the Average for a 6-Day Week

Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	3 (½)			6 (1)	All fruit juice must be 100% full-strength, and no more than half of the weekly fruit offerings may be in the form of juice. Dried fruit credits as double its volume (e.g., ¼ cup dried fruit credits as ½ cup fruit).
	Serve Only: minimum amount required at POS	½			1	
	OVS: minimum amount to count at POS	½			½	
Total Vegetable (cups)	Weekly (daily)	4½ (¾)			6 (1)	All vegetable juice must be 100% full-strength, and no more than half of the weekly vegetable offerings may be in the form of 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				Minimum creditable amount to count towards a subgroup is 1/8 cup. Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).
Dark green		½		½		
Red/Orange		¾		1¼		
Beans/Peas (legumes)		½		½		
Starchy		½		½		
Other		½		¾		
To meet weekly requirement, vegetables from ANY subgroup		1¾		2½		
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	9.5-11* (1)	9.5-12* (1)	9.5-11* (1)	12-14.5* (2)	At least 80% of the weekly grains offered must be whole grain-rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	No more than 2 oz eq of the weekly grain offerings may be grain-based desserts.
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	9.5-12* (1)	11-12* (1)	11-12* (1)	12-14.5* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	6 (1)				All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.

6-Day Meal Pattern for NSLP

National School Lunch Program

Dietary Specifications: Weekly Average Requirement for a 6-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 Interim Target 1 (mg)	≤ 1,110	≤ 1,225	≤ 1,110	≤ 1,280	Sodium Interim Target 1A must be met no later than July 1, 2023 (SY 2023-2024)
Saturated fat (% of calories)	≤ 10				

Dietary Specifications: Daily Requirement for a 6-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</u> fat per serving				

7-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only:

- Must prepare all 5 components in required amounts
- At POS: Students must take all 5 components in minimum required amounts

Offer versus Serve (OVS):

- Must prepare all 5 components in required amounts
- At POS: Students must take at least 3 components in minimum required amounts, one of which must be at least ½ cup fruit or vegetable

Component Specifications: Daily and Weekly Amount Based on the Average for a 7-Day Week

Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	3½ (½)			7 (1)	All fruit juice must be 100% full-strength, and no more than half of the weekly fruit offerings may be in the form of juice. Dried fruit credits as double its volume (e.g., ¼ cup dried fruit credits as ½ cup fruit).
	Serve Only: minimum amount required at POS	½			1	
	OVS: minimum amount to count at POS	½			½	
Total Vegetable (cups)	Weekly (daily)	5¼ (¾)			7 (1)	All vegetable juice must be 100% full-strength, and no more than half of the weekly vegetable offerings may be in the form of 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				Minimum creditable amount to count towards a subgroup is 1/8 cup. Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).
Dark green		½			½	
Red/Orange		¾			1¼	
Beans/Peas (legumes)		½			½	
Starchy		½			½	
Other		½			¾	
To meet weekly requirement, vegetables from ANY subgroup		2½			3½	
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	11-12.5* (1)	11-14* (1)	11-12.5* (1)	14-17* (2)	At least 80% of the weekly grains offered must be whole grain-rich. No more than 2 oz eq of the weekly grain offerings may be grain-based desserts.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	11-14* (1)	12.5-14* (1)	12.5-14* (1)	14-17* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	7 (1)				All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.

7-Day Meal Pattern for NSLP

National School Lunch Program

Dietary Specifications: Weekly Average Requirement for a 7-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 Interim Target 1 (mg)	≤1,110	≤1,225	≤1,110	≤1,280	Sodium Interim Target 1A must be met no later than July 1, 2023 (SY 2023-2024)
Saturated fat (% of calories)	≤10				

Dietary Specifications: Daily Requirement for a 7-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				