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

Compo	nont opcomoations. Ban	y and t	roomy /	unoant	Daoca (on the Average for a 3-bay week		
	Grades	K-5	6-8	K-8	9-12	Additional Information		
	Weekly (daily)	1½ (½) ½ ½			3 (1)	All fruit juice must be 100% full-strength, and no more than half of the weekly fruit		
Fruit (cups)	Serve Only: minimum amount required at POS				1	offerings may be in the form of juice. Dried fruit credits as double its volume		
	OVS: minimum amount to count at POS				1/2	(e.g., $\frac{1}{4}$ cup dried fruit credits as $\frac{1}{2}$ cup fruit).		
			24 ((2 ()		0 (4)	1		
T-4-1	Weekly (daily)		21/4 (3/4)		3 (1)	All vegetable juice must be 100% full-		
Total Vegetable	Serve Only: minimum amount required at POS		3/4		1	strength, and no more than half of the weekly vegetable offerings may be in the		
(cups)	OVS: minimum amount to count at POS		1/2		1/2	form of juice.		
Ve	getable Subgroups (cups)	Mini	mum We	ekly Am	ounts			
	Dark green		1/2		1/2			
	Red/Orange	1/2			1	Minimum creditable amount to count		
	Beans/Peas (legumes)				1/2	towards a subgroup is 1/8 cup.		
	Starchy	1/2			1/2	1		
	Other	1/4			1/2	Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup		
	To meet weekly requirement,	0			0	vegetable).		
veg	etables from ANY subgroup							
Whole Grain-Rich	Weekly (daily) amounts *Not required to meet weekly maximum	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.		
Grains (oz eq)	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.		
	M 11 (1 11)	5-6*	5.5-6*	5.5-6*	6-7*			
Meat/ Meat	Weekly (daily) amounts *Not required to meet weekly maximum	(1)	(1)	(1)	(2)			
Alternate (oz eq)	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			
(00.00)						offered at each meal service.		

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)	<u><</u> 1,110	<u><</u> 1,225	<u><</u> 1,110	<u><</u> 1,280	Sodium Interim Target 1A must be met no later than July 1, 2023 (SY 2023- 2024)				
Saturated fat (% of calories)		<u>< '</u>	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									

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

Compo	nent opecinications. Dan	y and v	veekiy A	Amount	Daseu C	on the Average for a 4-Day week		
	Grades	K-5	6-8	K-8	9-12	Additional Information		
	Weekly (daily)	2 (½) ½ ½			4 (1)	All fruit juice must be 100% full-strength, and no more than half of the weekly fruit		
Fruit (cups)	Serve Only: minimum amount required at POS				1	offerings may be in the form of juice. Dried fruit credits as double its volume		
	OVS: minimum amount to count at POS				1/2	(e.g., $\frac{1}{4}$ cup dried fruit credits as $\frac{1}{2}$ cup fruit).		
	Weekly (daily)		3 (3/4)		4 (1)	All vegetable juice must be 100% full-		
Total Vegetable	Serve Only: minimum amount required at POS		3/4		1	strength, and no more than half of the weekly vegetable offerings may be in the		
(cups)	OVS: minimum amount to count at POS		1/2		1/2	form of juice.		
Ve	getable Subgroups (cups)	Mini	mum We	ekly Am	ounts			
	Dark green		1/2		1/2			
	Red/Orange	3/4			11/4	Minimum creditable amount to count		
	Beans/Peas (legumes)	1/2			1/2	towards a subgroup is 1/8 cup.		
	Starchy	1/2			1/2			
	Other	1/2			3/4	Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup		
	To meet weekly requirement, getables from ANY subgroup	1/4			1/4	vegetable).		
VOS	Jetubies Holli Ait i Subgroup							
Whole Grain-Rich	Weekly (daily) amounts *Not required to meet weekly maximum	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.		
Grains (oz eq)	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/	Weekly (daily) amounts	6.5-8*	7-8*	7-8*	8-9.5*			
Meat	*Not required to meet weekly maximum	(1)	(1)	(1)	(2)			
Alternate (oz eq)	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.		

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

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

	nent opcomodions. Ban	,	, ,			in the Average for a 6 Bay Week		
	Grades	K-5	6-8	K-8	9-12	Additional Information		
	Weekly (daily)	2½ (½)			5 (1)	All fruit juice must be 100% full-strength, and no more than half of the weekly fruit		
Fruit (cups)	Serve Only: minimum amount required at POS				1	offerings may be in the form of juice. Dried fruit credits as double its volume		
	OVS: minimum amount to count at POS		1/2		1/2	(e.g., ¼ cup dried fruit credits as ½ cup fruit).		
					ı			
	Weekly (daily)		3¾ (¾)		5 (1)	All vegetable juice must be 100% full-		
Total Vegetable	Serve Only: minimum amount required at POS		3/4		1	strength, and no more than half of the weekly vegetable offerings may be in the		
(cups)	OVS: minimum amount to count at POS		1/2		1/2	form of juice.		
Ve	getable Subgroups (cups)	Mini	mum We	ekly Am	ounts			
	Dark green		1/2		1/2			
	Red/Orange		3/4		11/4	Minimum creditable amount to count		
	Beans/Peas (legumes)	1/2			1/2	towards a subgroup is 1/8 cup.		
	Starchy	1/2			1/2	i ' '		
	Other	1/2			3/4	Leafy greens credit as half their volume		
7	To meet weekly requirement, petables from ANY subgroup	1			11/2	(e.g., 1 cup leafy greens credits as ½ cup vegetable).		
Veg	etables from ANT subgroup							
Whole Grain-Rich	Weekly (daily) amounts *Not required to meet weekly maximum	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.		
Grains (oz eq)	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.		
		0.40*	0.40*	0.40*	10-12*			
Meat/ Meat	Weekly (daily) amounts *Not required to meet weekly maximum	8-10* (1)	9-10* (1)	9-10* (1)	10-12 [*] (2)			
Alternate (oz eq)	Serve Only and OVS: Minimum amount to count as a component at POS	1 1 1		2				
						All fluid milk must be fat-free (skim) or low-		
Fluid milk (cups) Weekly (daily)		5 (1)				fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.		

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

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

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		
	Weekly (daily)		3 (½)		6 (1)	All fruit juice must be 100% full- strength, and no more than half of the		
Fruit (cups)	Serve Only: minimum amount required at POS		1/2		1	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).		
(саро)	OVS: minimum amount to count at POS		1/2		1/2			
	M/ 11 (1.11)		41/ (2/)		0 (4)			
Total	Weekly (daily)		41/2 (3/4)		6 (1)	All vegetable juice must be 100% full-		
Vegetable	Serve Only: minimum amount required at POS		3/4		1	strength, and no more than half of the weekly vegetable offerings may be in		
(cups)	OVS: minimum amount to count at POS		1/2		1/2	the form of juice.		
Ve	getable Subgroups (cups)	Mir	nimum We	ekly Amo	ounts			
	Dark green		1/2		1/2			
	Red/Orange	3/4			11/4	Minimum creditable amount to count		
	Beans/Peas (legumes)		1/2		1/2	towards a subgroup is 1/8 cup.		
	Starchy	1/2			1/2	Leafy greens credit as half their		
	Other		1/2		3/4	volume (e.g., 1 cup leafy greens		
	To meet weekly requirement, jetables from ANY subgroup	13/4			21/2	credits as ½ cup vegetable).		
				ı	ı			
Whole	Weekly (daily) amounts *Not required to meet weekly maximum	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.		
Grain-Rich Grains (oz eq)	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	Weekly (daily) amounts *Not required to meet weekly maximum	9.5-12* (1)	11-12* (1)	11-12* (1)	12-14.5* (2)			
Alternate (oz eq)	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.			

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

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Offer versus Serve (OVS):

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- 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

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		
	Weekly (daily)		3½ (½)		7 (1)	All fruit juice must be 100% full- strength, and no more than half of		
Fruit (cups)	Serve Only: minimum amount required at POS		1/2		1	the weekly fruit offerings may be in the form of juice.		
\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	OVS: minimum amount to count at POS		1/2		1/2	Dried fruit credits as double its volume (e.g., ¼ cup dried fruit credits as ½ cup fruit).		
			=1.4 (2.4)					
	Weekly (daily)		51/4 (3/4)		7 (1)	All vegetable juice must be 100%		
Total Vegetable	Serve Only: minimum amount required at POS		3/4		1	full-strength, and no more than half of the weekly vegetable offerings		
(cups)	OVS: minimum amount to count at POS		1/2		1/2	may be in the form of juice.		
Ve	getable Subgroups (cups)	Mini		kly Amoun	its			
	Dark green		1/2		1/2			
	Red/Orange		3/4		11/4	Minimum creditable amount to		
	Beans/Peas (legumes)		1/2		1/2	count towards a subgroup is 1/8 cup.		
	Starchy		1/2		1/2	1 55.		
	Other		1/2		3/4	Leafy greens credit as half their		
	To meet weekly requirement, jetables from ANY subgroup		21/2		3½	volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).		
			1	1	-			
Whole Grain-Rich	Weekly (daily) amounts *Not required to meet weekly maximum	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.		
Grains (oz eq)	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	Weekly (daily) amounts *Not required to meet weekly maximum	11-14* (1)	12.5-14* (1)	12.5-14* (1)	14-17* (2)			
Alternate (oz eq)	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.			

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)	<u><</u> 1,110	<u><</u> 1,225	<u><</u> 1,110	<u>< 1,280</u>	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 trans fat per serving									