

3-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only:			Offer versus Serve (OVS):				
<ul style="list-style-type: none"> Must prepare all 5 components in required amounts At POS: Students must take all 5 components in minimum required amounts 			<ul style="list-style-type: none"> 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 1/2 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)		1 ½ (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., 1/4 cup dried fruit credits as 1/2 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)		2 ¼ (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 1/2 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. 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>		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.	

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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 Target 1 (mg)	≤ 1,230	≤ 1,360	≤ 1,230	≤ 1,420	<i>The current sodium guidelines (Target 1) are effective starting July 1, 2022.</i>
<i>Interim Target 1A Effective July 1, 2023</i>	≤ 1,110	≤ 1,225	≤ 1,110	≤ 1,280	
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 <u>trans</u> fat per serving				

4-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only: <ul style="list-style-type: none"> Must prepare all 5 components in required amounts At POS: Students must take all 5 components in minimum required amounts 			Offer versus Serve (OVS): <ul style="list-style-type: none"> 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 1/2 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., 1/4 cup dried fruit credits as 1/2 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					
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 1/2 cup vegetable).
Red/Orange		¾			1 ¼		
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. 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>		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 Target 1 (mg)	≤ 1,230	≤ 1,360	≤ 1,230	≤ 1,420	<i>The current sodium guidelines (Target 1) are effective starting July 1, 2022.</i>
<i>Interim Target 1A Effective July 1, 2023</i>	≤ 1,110	≤ 1,225	≤ 1,110	≤ 1,280	
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: <ul style="list-style-type: none"> Must prepare all 5 components in required amounts At POS: Students must take all 5 components in minimum required amounts 			Offer versus Serve (OVS): <ul style="list-style-type: none"> 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 1/2 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., 1/4 cup dried fruit credits as 1/2 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					
		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 1/2 cup vegetable).
		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. 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>		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

Other Specifications: Daily Amount Based on the Average 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 Target 1 (mg)	≤ 1,230	≤ 1,360	≤ 1,230	≤ 1,420	<i>The current sodium guidelines (Target 1) are effective starting July 1, 2022.</i>
<i>Interim Target 1A Effective July 1, 2023</i>	≤ 1,110	≤ 1,225	≤ 1,110	≤ 1,280	
Saturated fat (% of calories)	< 10				
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of trans fat per serving				

6-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only:			Offer versus Serve (OVS):				
<ul style="list-style-type: none"> Must prepare all 5 components in required amounts At POS: Students must take all 5 components in minimum required amounts 			<ul style="list-style-type: none"> 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 1/2 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., 1/4 cup dried fruit credits as 1/2 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)		4 ½ (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				
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 1/2 cup vegetable).
Red/Orange			¾			1 ¼	
Beans/Peas (legumes)			½			½	
Starchy			½			½	
Other			½			¾	
To meet weekly requirement, vegetables from ANY subgroup			1 ¾			2 ½	
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. 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>		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 Target 1 (mg)	≤ 1,230	≤ 1,360	≤ 1,230	≤ 1,420	<i>The current sodium guidelines (Target 1) are effective starting July 1, 2022.</i>
<i>Interim Target 1A Effective July 1, 2023</i>	<i>≤ 1,110</i>	<i>≤ 1,225</i>	<i>≤ 1,110</i>	<i>≤ 1,280</i>	
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:						Offer versus Serve (OVS):	
<ul style="list-style-type: none"> Must prepare all 5 components in required amounts At POS: Students must take all 5 components in minimum required amounts 						<ul style="list-style-type: none"> 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 1/2 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)	3 ½ (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., 1/4 cup dried fruit credits as 1/2 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)	5 ¼ (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					
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 1/2 cup vegetable).
Red/Orange		¾			1 ¼		
Beans/Peas (legumes)		½			½		
Starchy		½			½		
Other		½			¾		
To meet weekly requirement, vegetables from ANY subgroup		2 ½			3 ½		
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 Target 1 (mg)	≤ 1,230	≤ 1,360	≤ 1,230	≤ 1,420	<i>The current sodium guidelines (Target 1) are effective starting July 1, 2022.</i>
<i>Interim Target 1A Effective July 1, 2023</i>	≤ 1,110	≤ 1,225	≤ 1,110	≤ 1,280	
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</u> fat per serving				