Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

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

Component Specifications. Daity and weekly Amount based on the Average for a 3-Day week								
	Grades	K-5	6-8	K-8	9-12	Additional Information		
	Weekly (daily)		1 1/2 (1/2)		3 (1)			
Fruit	Serve Only: minimum amount required at POS		1/2		1	Only 100% fruit juice is allowed and no more than half the weekly		
(cups)	OVS: minimum amount to count at POS		1/2		1/2	offering for the fruit component may be 100% juice.		
	Weekly (daily)		2 ¹ / ₄ (³ / ₄)		3 (1)	Out. 100% statelete inter in		
Total Vegetable	Serve Only: minimum amount required at POS		3/4		1	Only 100% vegetable juice is allowed and no more than half the		
(cups)	OVS: minimum amount to count at POS		1/2		1/2	weekly offering for the vegetable component may be 100% juice.		
Ve	getable Subgroups (cups)	Min	imum we	ekly amou	unts			
	Dark green		1/2		1/2			
	Red/Orange		1/2		1	No maximum for any subgroup.		
	Beans/Peas (legumes)		1/2		1/2			
	Starchy	1/2			1/2	Minimum creditable amount to		
	Other	1/4			1/2	count towards a subgroup is 1/8		
To veg	o meet weekly requirement, etables from ANY subgroup	0			0	cup.		
	Weekly (daily) amounts	5-5.5 [*]	5-6*	5-5.5 [*]	6-7*	SFAs have the flexibility to provide		
Whole	*Not required to meet weekly maximum	(1)	(1)	(1)	(2)	enriched grains so long as <i>at least</i> 50% of grains offered weekly are		
Grain-Rich Grains	Serve Only and OVS:			_	_	whole grain-rich.		
(oz eq)	Minimum amount to count as a component at POS	1	1	1	2	No more than 2 oz eq grain-based desserts may be offered weekly.		
Meat/	Weekly (daily) amounts 'Not required to meet weekly maximum	5-6* (1)	5.5-6* (1)	5.5-6* (1)	6-7* (2)			
Meat	Serve Only and OVS:	(1)	(1)	(1)	(2)	-		
Alternate (oz eq)	Minimum amount to count as a component at POS	1	1	1	2			
						Offer two varieties daily		
Fluid milk	Weekly (daily)		3	(1)	(variety: fat content or flavor).			
(cups)	,			·		Unflavored milk <i>must</i> be offered.		

3-Day Lunch & Supper Meal Pattern Seamless Summer Option (SSO) Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

Other Specifications: Daily Amount Based on the Average 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)	<u><</u> 1230	<u><</u> 1360	<u><</u> 1230	<u><</u> 1420	The current sodium guidelines (Target 1) were implemented SY 2014-15			
Sodium Target 2 implement in SY 2024-25	<u>≤</u> 935	<u><</u> 1035	<u><</u> 935	<u><</u> 1080				
Saturated fat (% of calories)								
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of trans fat per serving							

Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

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 4-Day Week

Component specifications, baity and weekty Amount based on the Average for a 4-bay week								
	Grades	K-5	6-8	K-8	9-12	Additional Information		
	Weekly (daily)		2 (1/2)		4 (1)			
Fruit	Serve Only: minimum		1/2		1	Only 100% fruit juice is allowed		
(cups)	amount required at POS		/2		1	and no more than half the weekly offering for the fruit component		
(oute)	OVS: minimum amount to count at POS		1/2		1/2	may be 100% juice.		
	Weekly (daily)		3 (3/4)		4 (1)			
Total	Serve Only: minimum		3/4		1	Only 100% vegetable juice is allowed and no more than half the		
Vegetable	amount required at POS				_	weekly offering for the vegetable		
(cups)	OVS: minimum amount to count at POS		1/2		1/2	component may be 100% juice.		
3.7								
Ve	getable Subgroups (cups)	Min		ekly amou				
	Dark green		1/2		1/2	No maximum for any subgroup.		
	Red/Orange		3/4		1 1/4	Must offer more than minimum weekl		
	Beans/Peas (legumes)		1/2		1/2	values in order to meet weekly total.		
	Starchy	1/2			1/2	Minimum creditable amount to		
	Other	1/2			3/4	count towards a subgroup is 1/8		
	o meet weekly requirement, etables from ANY subgroup	1/4			1/4	cup.		
Veg	etables from ANT subgroup							
Whole	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)	All 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	Weekly, no more than 2 oz eq grain based dessert.			
Meat/	Weekly (daily) amounts	6.5-8*	7-8*	7-8* (1)	8-9.5*			
Meat	*Not required to meet weekly maximum	(1)	(1)	/-0 (1)	(2)			
Alternate (oz eq)	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2			
Fluid milk	Weekly (daily)		4	(1)	Offer two varieties daily (variety: fat content or flavor).			
(cups)	, ,				Flavored milk may be only non-fat.			

Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

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 2 (mg)	<u><</u> 935	<u><</u> 1035	<u><</u> 935	<u><</u> 1080	The current sodium guidelines (Target 2) were implemented in SY 2017-18				
Sodium Final Target implement in SY 2022-23	<u><</u> 640	<u><</u> 710	<u><</u> 640	<u><</u> 740					
Saturated fat (% of calories)		<:	10						
Dietary Spo	Dietary Specifications: Daily Requirement for a 4-Day Week								
Grades	K-5	6-8	K-8	9-12					
Trans fat	Trans fat Nutrition label or manufacturer spec must indicate zero grams of trans fat per serving								

Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

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

Component Specifications. Daity and weekly Amount based on the Average for a 5-Day week								
	Grades	K-5	6-8	K-8	9-12	Additional Information		
	Weekly (daily)		21/2 (1/2)		5 (1)			
Fruit	Serve Only: minimum amount required at POS		1/2		1	Only 100% fruit juice is allowed and no more than half the weekly		
(cups)	OVS: minimum amount to count at POS		1/2		1/2	offering for the fruit component may be 100% juice.		
	Weekly (daily)		3 3/4 (3/4)		5 (1)	Only 100% yearstall siving in		
Total Vegetable	Serve Only: minimum amount required at POS		3/4		1	Only 100% vegetable juice is allowed and no more than half the		
(cups)	OVS: minimum amount to count at POS		1/2		1/2	weekly offering for the vegetable component may be 100% juice.		
Ve	getable Subgroups (cups)	Min	imum we	ekly amo	unts			
	Dark green		1/2		1/2			
	Red/Orange		3/4		1 1/4	No maximum for any subgroup. *Must offer more than minimum weekly		
	Beans/Peas (legumes)		1/2		1/2	values in order to meet weekly total.		
	Starchy	1/2			1/2	-		
	Other	1/2			3/4	Minimum creditable amount to		
	o meet weekly requirement, etables from ANY subgroup	1			1 ½	count towards a subgroup is 1/8 cup.		
	W/a aldy /alaily) are averta	8-9*	8-10*	8-9*	10-12*	All grains offered must be whole		
Whole	Weekly (daily) amounts 'Not required to meet weekly maximum	(1)	(1)	(1)	(2)	grain rich.		
Grain-Rich Grains (oz eq)	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	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			
Fluid milk (cups)	Weekly (daily)		5	(1)	Offer two varieties daily (variety: fat content or flavor). Flavored milk may be only non-fat.			

5-Day Lunch & Supper Meal Pattern Seamless Summer Option (SSO) Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

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 2 (mg)	<u><</u> 935	<u><</u> 1035	<u><</u> 935	<u><</u> 1080	The current sodium guidelines (Target 2) were implemented in SY 2017-2018			
Sodium Final Target implement in SY 2022-23	<u><</u> 640	<u><</u> 710	<u><</u> 640	<u><</u> 740				
Saturated fat (% of calories)								
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of traifat per serving							

Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

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 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 (1/2)			6 (1)			
Fruit	Serve Only: minimum					Only 100% fruit juice is allowed		
(cups)	amount required at POS		1/2		1	and no more than half the weekly		
(cups)	OVS: minimum amount to		1/2		1/2	offering for the fruit component		
	count at POS		/2		/2	may be 100% juice.		
	N/ I d - / - I - U - A		. 17 /2/1		C (a)			
Total	Weekly (daily)		4 1/2 (3/4)		6 (1)	Only 100% vegetable juice is		
Vegetable	Serve Only: minimum amount required at POS		3/4		1	allowed and no more than half the		
(cups)	OVS: minimum amount to					weekly offering for the vegetable		
(cups)	count at POS		1/2		1/2	component may be 100% juice.		
Vo		Mins		aldy area	· · · · · ·			
već	getable Subgroups (cups)	MIN		ekly amo				
	Dark green		1/2		1/2	No maximum for any subgroup.		
	Red/Orange		3/4		1 1/4	*Must offer more than minimum weekly		
	Beans/Peas (legumes)		1/2		1/2	values in order to meet weekly total.		
	Starchy	1/2			1/2 3/4			
	Other		1/2			Minimum creditable amount to		
T	o meet weekly requirement,	1 3⁄4			2 ½	count towards a subgroup is 1/8 cup.		
veg	etables from ANY subgroup	1 74			- /2	сар.		
				•		All : 65		
	Weekly (daily) amounts	9.5-11* (1)	9.5-12* (1)	9.5-11* (1)	12-14.5 [*] (2)	All grains offered must be whole		
Whole	*Not required to meet weekly maximum	(1)	(1)	(1)	(2)	grain-rich.		
Grain-Rich						Weekly, no more than 2 oz eq		
Grains	Serve Only and OVS: Minimum amount to count	1	4	4	2	grain based dessert.		
(oz eq)	as a component at POS	1	1	1	2	Ĭ		
	as a component at 1 05							
Meat/	Weekly (daily) amounts	9.5-12*	11-12*	11-12*	12-14.5*			
Meat	*Not required to meet weekly maximum	(1)	(1)	(1)	(2)			
Alternate	Serve Only and OVS:				_			
(oz eq)	Minimum amount to count	1	1	1	2			
-	as a component at POS							
					Offer two varieties daily			
Fluid milk	Weekly (daily)	6 (1)				(variety: fat content or flavor).		
(cups)	Troonly (daily)		J	·		·		
ľ						Flavored milk may be only non-fat.		

Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

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 2 (mg)	<u><</u> 935	<u><</u> 1035	<u><</u> 935	<u><</u> 1080	The current sodium guidelines (Target 2) were implemented in SY 2017-2018				
Sodium Final Target implement in SY 2022-23	< 640	< 710	< 640	< 740					
Saturated fat (% of calories)		<:	10						
Dietary Spo	Dietary Specifications: Daily Requirement for a 6-Day Week								
Grades	K-5	6-8	K-8	9-12					
Trans fat hutrition label or manufacturer spec must indicate zero grams of trans fat per serving									

Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

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 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)		3 1/2 (1/2))	7 (1)			
Fruit	Serve Only: minimum		1/2			Only 100% fruit juice is allowed		
(cups)	amount required at POS		72		1	and no more than half the weekly		
(cups)	OVS: minimum amount to		1/2		1/2	offering for the fruit component may be 100% juice.		
	count at POS		72		72	may be 100% juice.		
	Weekly (daily)		5 ½ (¾)		7 (1)			
Total	Serve Only: minimum				/ _/	Only 100% vegetable juice is		
Vegetable	amount required at POS		3/4		1	allowed and no more than half the		
(cups)	OVS: minimum amount to		17		17	weekly offering for the vegetable		
_	count at POS		1/2		1/2	component may be 100% juice.		
Ve	getable Subgroups (cups)	Min	imum we	ekly amou	unts			
	Dark green		1/2		1/2			
	Red/Orange		3/4		1 1/4	No maximum for any subgroup. *Must offer more than minimum weekly		
	Beans/Peas (legumes)		1/2		1/2	values in order to meet weekly total.		
	Starchy	1/2			1/2	,		
	Other	1/2			3/4	Minimum creditable amount to		
	o meet weekly requirement,	2 ½			3 ½	count towards a subgroup is 1/8		
veg	etables from ANY subgroup	2 72			3 /2	cup.		
					<u> </u>			
	Weekly (daily) amounts	11- 12.5* (1)	11-14* (1)	11-12.5 [*] (1)	14-17 [*] (2)	All grains offered must be whole		
Whole	*Not required to meet weekly maximum	12.5 (1)	(1)	(1)	(2)	grain-rich.		
Grain-Rich	Samue Only and OVS:					Weekly, no more than 2 oz eq		
Grains	Serve Only and OVS: Minimum amount to count	1	1	1	2	grain based dessert.		
(oz eq)	as a component at POS							
	•							
		*						
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	Serve Only and OVS:					1		
(oz eq)	Minimum amount to count	1	1	1	2			
(02 04)	as a component at POS							
						Off and the state of the		
Fluid milk	\V/oold\:/do:!\:\		_	/a\	Offer two varieties daily (variety: fat content or flavor).			
(cups)	Weekly (daily)	7 (1)				tvarioty. Tat content of Itavor.		
(Caps)								

Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

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 2 (mg)	<u><</u> 935	<u><</u> 1035	<u><</u> 935	<u><</u> 1080	The current sodium guidelines (Target 2) were implemented in SY 2017-2018				
Sodium Final Target implement in SY 2022-23	<u><</u> 640	<u><</u> 710	<u><</u> 640	<u><</u> 740					
Saturated fat (% of calories)		<:	10						
Dietary Spo	Dietary Specifications: Daily Requirement for a 7-Day Week								
Grades	K-5	6-8	K-8	9-12					
Trans fat	Trans fat Nutrition label or manufacturer spec must indicate zero grams of trans fat per serving								