

3-Day Lunch & Supper Meal Pattern Seamless Summer Option (SSO)

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

Serve Only:		Offer versus Serve (OVS):				Additional Information	
<ul style="list-style-type: none"> Must PREPARE all 5 components in required amounts At POS: Must SERVE all 5 components in minimum required amount 		<ul style="list-style-type: none"> 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)		
	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)		
	Serve Only: minimum amount required at POS	¾			1		
	OVS: minimum amount to count at POS	½			½		
Vegetable Subgroups (cups)		Minimum weekly amounts				No maximum for any subgroup. Minimum creditable amount to count towards a subgroup is 1/8 cup.	
Dark green		½			½		
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)		
	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)				Offer two varieties daily (variety: fat content or flavor). Unflavored milk <i>must</i> be offered.	

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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)	≤ 1230	≤ 1360	≤ 1230	≤ 1420	The current sodium guidelines (Target 1) were implemented SY 2014-15
Sodium Target 2 implement in SY 2024-25	≤ 935	≤ 1035	≤ 935	≤ 1080	
Saturated fat (% of calories)	< 10				
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of trans fat per serving				

4-Day Lunch & Supper Meal Pattern Seamless Summer Option (SSO)

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

Serve Only: <ul style="list-style-type: none"> Must PREPARE all 5 components in required amounts At POS: Must SERVE all 5 components in minimum required amount 			Offer versus Serve (OVS): <ul style="list-style-type: none"> 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							
		Grades	K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)		2 (½)			4 (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 at POS		½			½	
Total Vegetable (cups)	Weekly (daily)		3 (¾)			4 (1)	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% 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	No maximum for any subgroup. *Must offer more than minimum weekly values in order to meet weekly total.
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	Minimum creditable amount to count towards a subgroup is 1/8 cup.
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)	All grains offered must be whole grain-rich.
	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 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)			Offer two varieties daily (variety: fat content or flavor). Flavored milk may be only non-fat.	

4-Day Lunch & Supper Meal Pattern Seamless Summer Option (SSO)

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)	≤ 935	≤ 1035	≤ 935	≤ 1080	The current sodium guidelines (Target 2) were implemented in SY 2017-18
Sodium Final Target implement in SY 2022-23	≤ 640	≤ 710	≤ 640	≤ 740	
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 Lunch & Supper Meal Pattern Seamless Summer Option (SSO)

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

Serve Only: <ul style="list-style-type: none"> Must PREPARE all 5 components in required amounts At POS: Must SERVE all 5 components in minimum required amount 			Offer versus Serve (OVS): <ul style="list-style-type: none"> 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							
		Grades	K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)		2½ (½)			5 (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 at POS		½			½	
Total Vegetable (cups)	Weekly (daily)		3¾ (¾)			5 (1)	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% 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	No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>	
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			1 ½	Minimum creditable amount to count towards a subgroup is 1/8 cup.	
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)	All grains offered must be whole grain rich.
	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 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)				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	
<i>Sodium Target 2 (mg)</i>	≤ 935	≤ 1035	≤ 935	≤ 1080	<i>The current sodium guidelines (Target 2) were implemented in SY 2017-2018</i>
<i>Sodium Final Target implement in SY 2022-23</i>	≤ 640	≤ 710	≤ 640	≤ 740	
Saturated fat (% of calories)	< 10				
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of trans fat per serving				

6-Day Lunch & Supper Meal Pattern Seamless Summer Option (SSO)

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

Serve Only:		Offer versus Serve (OVS):					
<ul style="list-style-type: none"> Must PREPARE all 5 components in required amounts At POS: Must SERVE all 5 components in minimum required amount 		<ul style="list-style-type: none"> 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							
		Grades	K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	3 (½)			6 (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 at POS	½			½		
Total Vegetable (cups)	Weekly (daily)	4 ½ (¾)			6 (1)		Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% 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		No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
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		Minimum creditable amount to count towards a subgroup is 1/8 cup.
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)		All grains offered must be whole grain-rich.
	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 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)				Offer two varieties daily (variety: fat content or flavor). Flavored milk may be only non-fat.	

6-Day Lunch & Supper Meal Pattern Seamless Summer Option (SSO)

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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	
<i>Sodium Target 2 (mg)</i>	≤ 935	≤ 1035	≤ 935	≤ 1080	<i>The current sodium guidelines (Target 2) were implemented in SY 2017-2018</i>
<i>Sodium Final Target implement in SY 2022-23</i>	< 640	< 710	< 640	< 740	
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 Lunch & Supper Meal Pattern Seamless Summer Option (SSO)

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

Serve Only:						Offer versus Serve (OVS):	
<ul style="list-style-type: none"> Must PREPARE all 5 components in required amounts At POS: Must SERVE all 5 components in minimum required amount 						<ul style="list-style-type: none"> 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							
		Grades	K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	3 ½ (½)			7 (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 at POS	½			½		
Total Vegetable (cups)	Weekly (daily)	5 ¼ (¾)			7 (1)		Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% 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		No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
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		Minimum creditable amount to count towards a subgroup is 1/8 cup.
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)		All grains offered must be whole grain-rich.
	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 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)				Offer two varieties daily (variety: fat content or flavor). Flavored milk may be only non-fat.	

7-Day Lunch & Supper Meal Pattern Seamless Summer Option (SSO)

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)	≤ 935	≤ 1035	≤ 935	≤ 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 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				