

National School Lunch Program (NSLP) Meal Pattern - 5 Day

Just Serve Instructions:

- Must PREPARE all 5 components in the required amount.
- At POS: Must SERVE all 5 components in minimum required amount.

Offer versus Serve (OVS) Instructions:

- Must PREPARE all 5 components in the required amount.
- At POS: Must TAKE 3 components: at least 1/2 cup of fruit or vegetable & 2 other components in minimum required amount.

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12	Additional Information
Milk Must offer two varieties and one variety must be unflavored.	5 cups/wk 1 cup daily	5 cups/wk 1 cup daily	5 cups/wk 1 cup daily	Allowable varieties include flavored or unflavored fat-free/skim, low-fat/1 %, 2%, or whole milk. Flavored milk added sugar limits: ≤ 10 grams added sugars per 8 fl oz or; grades 6-12 a la carte limit is ≤15 grams per 12 fl oz.
Fruits	2 ½ cups/wk 1/2 cup daily min	2 ½ cups/wk 1/2 cup daily min	5 cups/wk 1 cup daily min	Only 100% fruit juice is allowed. No more than half the weekly offering of fruit may be 100% juice.
Vegetables (total) Subgroups:	3 ¾ cups/wk 3/4 cup daily min	3 ¾ cups/wk 3/4 cup daily min	5 cups/wk 1 cup daily min	Daily minimum must be offered (or 'served'). For OVS, ½ cup may be taken.
<i>Dark Green</i>	1/2 cup/wk	1/2 cup/wk	1/2 cup/wk	Leafy greens credit as half the amount. Dried fruit credits as double. <i>Additional Vegetables from any subgroup must be offered in order to meet weekly total.</i>
<i>Red / Orange</i>	3/4 cup/wk	3/4 cup/wk	1 ¼ cup/wk	
<i>Legumes</i>	1/2 cup/wk	1/2 cup/wk	1/2 cup/wk	
<i>Starchy</i>	1/2 cup/wk	1/2 cup/wk	1/2 cup/wk	
<i>Other</i>	1/2 cup/wk	1/2 cup/wk	3/4 cup/wk	
<i>Additional Vegetable</i>	1 cup/wk	1 cup/wk	1 ½ cup/wk	
Meat or Meat Alternates	8-10 oz eq/wk* 1 oz daily min	9-10 oz eq/wk* 1 oz daily min	10-12 oz eq/wk* 2 oz daily min	Daily & Weekly requirements must be met Yogurt added sugar limit: ≤ 12 grams per 6 oz(2 g/oz).
Grains - At least 80% of grain items offered must be whole grain rich (WGR)	8-9 oz eq/wk* 1 oz daily min	8-10 oz eq/wk* 1 oz daily min	10-12 oz eq/wk* 2 oz daily min	Daily & Weekly minimums must be met ≤ 2 oz eq grain-based desserts may be offered weekly. Breakfast cereal added sugar limit: ≤ 6 grams per dry oz.
Min. – Max. Calories (kcal)	550 – 650	600 – 700	750 - 850	-Weekly average
Saturated Fat (% of total calories)	<10%	<10%	<10%	-Weekly average
Sodium Target (1A)	≤1,110 mg	≤1,225 mg	≤1,280 mg	-Weekly average **Sodium Target for NSLP SY2027-28
Trans Fat	0 grams / serving	0 grams / serving	0 grams / serving	

*Staying within the maximums helps with dietary specifications but are not required. **Sodium target, in effect beginning July 1, 2027, reduced by approximately 15% for lunch.

***Limiting added sugars to less than 10% of calories across the week, in effect beginning July 1, 2027.

