

National School Lunch Program (NSLP) Meal Pattern Requirements

Milk, Fluid Component (cups)	Grades K-5 Daily	Grades K-5 Weekly	Grades 6-8 Daily	Grades 6-8 Weekly	Grades 9-12 Daily	Grades 9-12 Weekly
Fluid Milk, low-fat (1%) or fat-free unflavored or flavored milk Must offer a choice of at least two milks	1	5	1	5	1	5

Meat/Meat Alternates (M/MA) Component	Grades K-5 Daily	Grades K-5 Weekly	Grades 6-8 Daily	Grades 6-8 Weekly	Grades 9-12 Daily	Grades 9-12 Weekly
Ounce equivalents	1	8-10	1	9-10	2	10-12

Fruits Component (cups)	Grades K-5 Daily	Grades K-5 Weekly	Grades 6-8 Daily	Grades 6-8 Weekly	Grades 9-12 Daily	Grades 9-12 Weekly
Note: Fruit juice cannot exceed half of the weekly fruits	½	2 ½	½	2 ½	1	5

Vegetables Component (cups)	Grades K-5 Daily	Grades K-5 Weekly	Grades 6-8 Daily	Grades 6-8 Weekly	Grades 9-12 Daily	Grades 9-12 Weekly
Note: Vegetable juice cannot exceed half of the weekly vegetables	¾	3 ¾	¾	3 ¾	1	5
Dark Green	-	½	-	½	-	½
Red/Orange	-	¾	-	¾	-	1 ¼
Beans/Peas	-	½	-	½	-	½
Starchy	-	½	-	½	-	½
Other	-	½	-	½	-	¾
Other Veg. to reach total	-	1	-	1	-	1 ½

Grains Component (ounce equivalents)	Grades K-5 Daily	Grades K-5 Weekly	Grades 6-8 Daily	Grades 6-8 Weekly	Grades 9-12 Daily	Grades 9-12 Weekly
Whole grain-rich (WGR)	1	8-9	1	8-10	2	10-12

Dietary Specifications (Nutrition Standards) Daily amount based on the average for a 5-day week	Grades K-5	Grades 6-8	Grades 9-12
Calories	550-650	600-700	750-850
Saturated Fat (% of total calories)	<10	<10	<10
Sodium (milligrams)	≤1,110	≤1,225	≤1,280
Trans Fat (gram)	0	0	0

This institution is an equal opportunity provider.