

2025 ISBE School Nutrition Training

National School Lunch Program Meal Pattern & Nutrition Standards

Beth Tanner, MS, RDN



**CHILD NUTRITION
PROGRAMS**



Agenda



Meal Pattern
Overview

Five
Components

Dietary
Specifications

Resources

NSLP Meal Pattern Overview

The Five Components



Grains



Meat/Meat Alternate



Fruits



Vegetables



Milk

Serve Only

Students must be
served all 5
components

Offer Versus Serve

Students must be
offered all 5
components

NSLP Meal Pattern Overview

Offer Versus Serve

General Information

- Students must be offered all 5 meal pattern components
- Under *offer versus serve* (OVS), students are allowed to decline up to 2 meal components

Required OVS Components

- At least 3 components must be selected
- At least ½ cup of fruit and/or vegetable must be selected for the meal to be reimbursable

NSLP Meal Pattern Overview

Grade Groups

Kindergarten
through 5th Grade
(K-5)

6th Grade through
8th Grade
(6-8)

9th Grade through
12th Grade
(9-12)

Combined
Kindergarten
through 8th Grade
(K-8)

NSLP Meal Pattern Overview

Serving Sizes

Food Component	K-5	6-8	K-8	9-12
Grains	8-9 oz eq (1)	8-10 oz eq (1)	8-9 oz eq (1)	10-12 oz eq (2)
Meat/Meat Alternate	8-10 oz eq (1)	9-10 oz eq (1)	9-10 oz eq (1)	10-12 oz eq (2)
Fruits	2.5 c (0.5)	2.5 c (0.5)	2.5 c (0.5)	5 c (1)
Vegetables	3.75 c (0.75)	3.75 c (0.75)	3.75 c (0.75)	5 c (1)
Dark Green	0.5	0.5	0.5	0.5
Red/Orange	0.75	0.75	0.75	1.25
Legumes	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.5	0.75
Additional	1	1	1	1.5
Milk	5 c (1)	5 c (1)	5 c (1)	5 c (1)

NSLP Meal Pattern Overview

Serving Sizes

Food Component	K-5	6-8	K-8	9-12
Grains	8-9 oz eq (1)	8-10 oz eq (1)	8-9 oz eq (1)	10-12 oz eq (2)
Meat/Meat Alternate	8-10 oz eq (1)	9-10 oz eq (1)	9-10 oz eq (1)	10-12 oz eq (2)
Fruits	2.5 c (0.5)	2.5 c (0.5)	2.5 c (0.5)	5 c (1)
Vegetables	3.75 c (0.75)	3.75 c (0.75)	3.75 c (0.75)	5 c (1)
Dark Green	0.5	0.5	0.5	0.5
Red/Orange	0.75	0.75	0.75	1.25
Legumes	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.5	0.75
Additional	1	1	1	1.5
Milk	5 c (1)	5 c (1)	5 c (1)	5 c (1)

NSLP Meal Pattern Overview

Serving Sizes

Food Component	K-5	6-8	K-8	9-12
Grains	8-9 oz eq (1)	8-10 oz eq (1)	8-9 oz eq (1)	10-12 oz eq (2)
Meat/Meat Alternate	8-10 oz eq (1)	9-10 oz eq (1)	9-10 oz eq (1)	10-12 oz eq (2)
Fruits	2.5 c (0.5)	2.5 c (0.5)	2.5 c (0.5)	5 c (1)
Vegetables	3.75 c (0.75)	3.75 c (0.75)	3.75 c (0.75)	5 c (1)
Dark Green	0.5	0.5	0.5	0.5
Red/Orange	0.75	0.75	0.75	1.25
Legumes	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.5	0.75
Additional	1	1	1	1.5
Milk	5 c (1)	5 c (1)	5 c (1)	5 c (1)

NSLP Meal Pattern Overview

Serving Sizes

Food Component	K-5	6-8	K-8	9-12
Grains	8-9 oz eq (1)	8-10 oz eq (1)	8-9 oz eq (1)	10-12 oz eq (2)
Meat/Meat Alternate	8-10 oz eq (1)	9-10 oz eq (1)	9-10 oz eq (1)	10-12 oz eq (2)
Fruits	2.5 c (0.5)	2.5 c (0.5)	2.5 c (0.5)	5 c (1)
Vegetables	3.75 c (0.75)	3.75 c (0.75)	3.75 c (0.75)	5 c (1)
Dark Green	0.5	0.5	0.5	0.5
Red/Orange	0.75	0.75	0.75	1.25
Legumes	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.5	0.75
Additional	1	1	1	1.5
Milk	5 c (1)	5 c (1)	5 c (1)	5 c (1)

Five Components—*Milk*

Allowable milk types

- Fat-free (skim) flavored and unflavored
- Low-fat (1%) flavored and unflavored

Meal Service

- At least 2 varieties must be offered during the meal service
- One of those options must be unflavored

Component	K-5	6-8	K-8	9-12
Milk	5 cups weekly 1 cup daily	5 cups weekly 1 cup daily	5 cups weekly 1 cup daily	5 cups weekly 1 cup daily



Five Components—*Milk*

- Milk substitutions are one of the most common dietary accommodation requests in the NSLP

Nutrient	Per cup (8 fl oz)
Calcium	276 mg
Protein	8 g
Vitamin A	150 mcg retinol activity equivalents (RAE)
Vitamin D	2.5 mcg
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	0.44 mg
Vitamin B-12	1.1 mcg

Nutrient requirements do not apply to disability-related requests supported by a medical statement

Five Components—*Fruit*

Fresh

Frozen

Canned

Dried

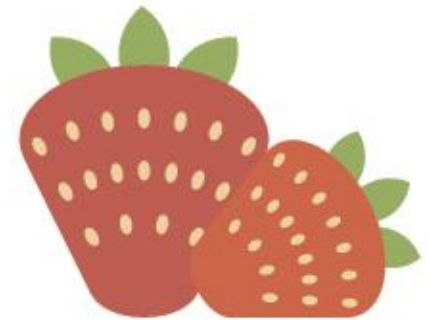
100%
Fruit Juice

Component	K-5	6-8	K-8	9-12
Fruit	2.5 cups weekly ½ cup daily	2.5 cups weekly ½ cup daily	2.5 cups weekly ½ cup daily	5 cups weekly 1 cup daily

Five Components—*Fruit*

Crediting (General)

- Fruits credit towards the meal pattern based on the volume served
 - Example: 1 cup of fresh berries credits as 1 cup of fruit
 - Example: ½ cup of 100% orange juice credits as ½ cup of fruit
- Refer to USDA's Food Buying Guide for examples of how to credit certain fruits
 - One 7 to 7 7/8 inch banana credits as ½ cup of fruit
- 1/8 cup of any fruit is the minimum serving size that may be creditable



Five Components—*Fruit*

Dried Fruits

- Dried fruit credits as twice the volume served
 - Example: 1/8 cup of raisins counts as ¼ cup towards the meal pattern
 - Note: 1/16 cup (1 TBSP) of dried fruit cannot be offered to count as 1/8 cup because 1/16 cup is less than the minimum serving size of 1/8 cup that may be creditable

Juice

- No more than half of the total weekly fruit offered may be 100% fruit juice
 - Example: If 5 cups of fruit are offered throughout the week for the 9-12 grade group, no more than 2 ½ cups may be juice

Five Components—*Fruit*

Products that do not contribute toward meal pattern requirements

Snack-type foods made from fruits (e.g. fried banana chips, fruit drops, fruit strips)

Freeze-dried fruits

Jam, jelly, or other condiments

Home-canned products (for food safety reasons)

Coconut flour and coconut oil

Five Components—*Vegetables*

Component	K-5	6-8	K-8	9-12
Vegetables	3.75 cups weekly 0.75 cups daily	3.75 cups weekly 0.75 cups daily	3.75 cups weekly 0.75 cups daily	5 cups weekly 1 cup daily
Dark Green	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly
Red/Orange	0.75 cup weekly	0.75 cup weekly	0.75 cup weekly	1.25 cup weekly
Beans/Peas/Lentils	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly
Starchy	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly
Other	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.75 cup weekly
Additional	1 cup weekly	1 cup weekly	1 cup weekly	1.5 cup weekly



Five Components—*Vegetables*

Component	K-5	6-8	K-8	9-12
Vegetables	3.75 cups weekly 0.75 cups daily	3.75 cups weekly 0.75 cups daily	3.75 cups weekly 0.75 cups daily	5 cups weekly 1 cup daily
Dark Green	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly
Red/Orange	0.75 cup weekly	0.75 cup weekly	0.75 cup weekly	1.25 cup weekly
Beans/Peas/Lentils	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly
Starchy	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly
Other	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.75 cup weekly
Additional	1 cup weekly	1 cup weekly	1 cup weekly	1.5 cup weekly

Five Components—*Vegetables*

Component	K-5	6-8	K-8	9-12
Vegetables	3.75 cups weekly 0.75 cups daily	3.75 cups weekly 0.75 cups daily	3.75 cups weekly 0.75 cups daily	5 cups weekly 1 cup daily
Dark Green	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly
Red/Orange	0.75 cup weekly	0.75 cup weekly	0.75 cup weekly	1.25 cup weekly
Beans/Peas/Lentils	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly
Starchy	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly
Other	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.75 cup weekly
Additional	1 cup weekly	1 cup weekly	1 cup weekly	1.5 cup weekly

Five Components—*Vegetables*

Beans and Peas* <ul style="list-style-type: none"> ▪ black beans ▪ black-eyed peas (mature, dry) ▪ garbanzo beans (chickpeas) ▪ great northern ▪ kidney beans ▪ lentils ▪ mung beans ▪ navy beans ▪ pink beans ▪ pinto beans ▪ red beans ▪ soy beans ▪ split peas ▪ white beans 	Red & Orange Vegetables <ul style="list-style-type: none"> ▪ acorn squash ▪ butternut squash ▪ carrots ▪ hubbard squash ▪ pimientos (cherry pepper) ▪ pumpkin ▪ red peppers ▪ sweet potatoes ▪ tomatoes ▪ tomato juice 	Other Vegetables <ul style="list-style-type: none"> ▪ artichokes ▪ asparagus ▪ avocado ▪ bamboo shoots ▪ bean sprouts ▪ beets ▪ breadfruit ▪ brussels sprouts ▪ cabbage ▪ cactus (nopales) ▪ cauliflower ▪ celery ▪ chayote (mirliton) ▪ cucumbers or pickles ▪ eggplant ▪ green beans ▪ green peppers ▪ iceberg (head) lettuce ▪ kohlrabi ▪ mushrooms ▪ okra ▪ olives ▪ onions ▪ pepperoncini ▪ radishes ▪ turnips ▪ wax beans ▪ zucchini
Dark Green Vegetables <ul style="list-style-type: none"> ▪ beet greens ▪ bok choy ▪ broccoli ▪ chicory ▪ collard greens ▪ dark green leafy lettuce ▪ endive or escarole ▪ grape leaves ▪ kale ▪ mesclun ▪ mustard greens ▪ parsley ▪ romaine lettuce ▪ spinach ▪ turnip greens ▪ watercress 	Starchy Vegetables <ul style="list-style-type: none"> ▪ cassava ▪ corn ▪ fresh cowpeas, field peas, or black-eyed peas (not dry) ▪ green bananas ▪ green peas ▪ green lima beans ▪ jicama ▪ malanga or yautia (tannia, tannier) ▪ parsnips ▪ plantains ▪ poi (undiluted) ▪ potatoes ▪ taro ▪ water chestnuts 	

<https://www.isbe.net/Documents/vegetable-subgroups.pdf>

Five Components—*Vegetables*

Component	K-5	6-8	K-8	9-12
Vegetables	3.75 cups weekly 0.75 cups daily	3.75 cups weekly 0.75 cups daily	3.75 cups weekly 0.75 cups daily	5 cups weekly 1 cup daily
Dark Green	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly
Red/Orange	0.75 cup weekly	0.75 cup weekly	0.75 cup weekly	1.25 cup weekly
Beans/Peas/Lentils	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly
Starchy	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly
Other	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.75 cup weekly
Additional	1 cup weekly	1 cup weekly	1 cup weekly	1.5 cup weekly

The *Other* vegetables subgroup includes vegetables that do not meet the classification standards to fall into the dark green, red/orange, legumes, or starchy subgroups. However, the weekly requirement for the *Other* vegetable subgroup can be met with additional amounts of dark green, red/orange, and legumes.

Five Components—*Vegetables*

Component	K-5	6-8	K-8	9-12
Vegetables	3.75 cups weekly 0.75 cups daily	3.75 cups weekly 0.75 cups daily	3.75 cups weekly 0.75 cups daily	5 cups weekly 1 cup daily
Dark Green	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly
Red/Orange	0.75 cup weekly	0.75 cup weekly	0.75 cup weekly	1.25 cup weekly
Beans/Peas/Lentils	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly
Starchy	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly
Other	0.5 cup weekly	0.5 cup weekly	0.5 cup weekly	0.75 cup weekly
Additional	1 cup weekly	1 cup weekly	1 cup weekly	1.5 cup weekly

Additional vegetables are those that are needed to meet the total weekly vegetable requirements of 3.75 cups for grades K-5 and 6-8, and 5 cups for grades 9-12. **Any vegetable subgroup can be offered to meet the total weekly vegetable requirement.**

Five Components—*Vegetables*

Fresh

Frozen

Canned

Dried

100%
Fruit Juice



Five Components—*Vegetables*

Crediting (General)

- Vegetables credit towards the meal pattern based on the volume served
 - Example: 1 cup of broccoli credits as 1 cup of vegetables (dark green)
 - Example: ½ cup of 100% tomato juice credits as ½ cup of vegetables (red/orange)
- Refer to USDA's Food Buying Guide for examples of how to credit certain vegetables
 - Three 4-inch x ½-inch strips of fresh carrots without tops credits as ¼ cup of vegetables (red/orange)
- 1/8 cup of any vegetable is the minimum serving size that may be creditable

Five Components—*Vegetables*

Raw Leafy Greens

- Raw, leafy greens credit as half the volume served
 - Example: $\frac{1}{2}$ cup of romaine lettuce contributes $\frac{1}{4}$ cup of dark green vegetables
 - Note: The minimum creditable serving size for raw, leafy greens is $\frac{1}{4}$ cup, because it counts as $\frac{1}{8}$ cup of vegetables
 - Note: Cooked leafy greens such as sautéed spinach are credited by volume as served

Juice

- No more than half of the total weekly vegetables offered may be 100% vegetable juice
 - Example: If $3\frac{3}{4}$ cups of vegetables are offered throughout the week for the K-5 grade group, no more than $1\frac{7}{8}$ cups may be juice

Five Components—*Vegetables*

Mixed Vegetable Dishes

- Mixed vegetable dishes may credit differently depending on what information is known by the menu planner
 - If the amount of each vegetable present in the mixed dish is known, then each vegetable may credit towards its respective subgroup
 - A Child Nutrition (CN) label or Product Formulation Statement (PFS) signed by the manufacturer are acceptable documentation
 - If the amount of vegetable present in the mixed dish is not known, the vegetable dish can count towards the additional vegetables needed to meet the weekly total requirement (1 cup for grades K-8; 1.5 cups for grades 9-12)

Five Components—*Vegetables*

Multiple Serving Lines

- All students must have access to the required quantities of the 5 vegetable subgroups each week on each serving line
- The daily and weekly requirements must be in place for each serving line
 - Example: If a school has a hot lunch line, deli line, and grill line, all lines must meet the minimum daily serving size requirement ($\frac{3}{4}$ cup for grades K-8; 1 cup for grades 9-12) and all 5 vegetable subgroups must be available on each serving line over the course of the week
- It is not acceptable to post signs directing students to select the vegetable subgroup choice from a different serving line

Five Components—*Vegetables*

Salad Bars

- Schools can use a daily salad bar to meet the weekly vegetable subgroup requirements if the salad bar is available to all students each day and offers all required subgroups every day or over the week
- Minimum portion sizes must be consistent with the meal pattern for the age/grade group
- Staff must ensure students actually take the minimum required portion size for a reimbursable meal
- Pre-portioning items, appropriate size serving utensils, and placing signs as a visual aid can help ensure proper portion sizes
- The point-of-sale should be stationed after the salad bar to ensure each student's selections meet the required portions for a reimbursable meal

Five Components—*Vegetables*

Products that do not contribute toward meal pattern requirements

Snack-type foods made from vegetables, such as
potato chips

Pickle relish, jam, or jelly

Tomato catsup and chili sauce (tomato paste in chili is
creditable)

Home-canned products (for food safety reasons)

Dehydrated vegetables used for seasoning

Five Components

A Note on Meat/ Meat Alternates & Grains

The Meat/Meat Alternate and Grains components are credited based on a **per-ounce equivalent (oz eq)**—USDA's [Food Buying Guide](#) is a helpful tool for crediting

Child Nutrition (CN) labels and Product Formulation Statements (PFS) are typically needed for crediting

Both components have weekly maximum servings, which may be exceeded as long as weekly calories, sodium, saturated fat, and added sugar limits are met

1 Chicken Stir-Fry Bowl
Ingredient Statement:

2 Chicken, brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices.

3 CN XXXXXX
Each 4.5 oz Chicken Stir-Fry Bowl provides 1.5 oz eq meat, 1.0 oz eq grains, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, and ¼ cup other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX/XX).

CN CN

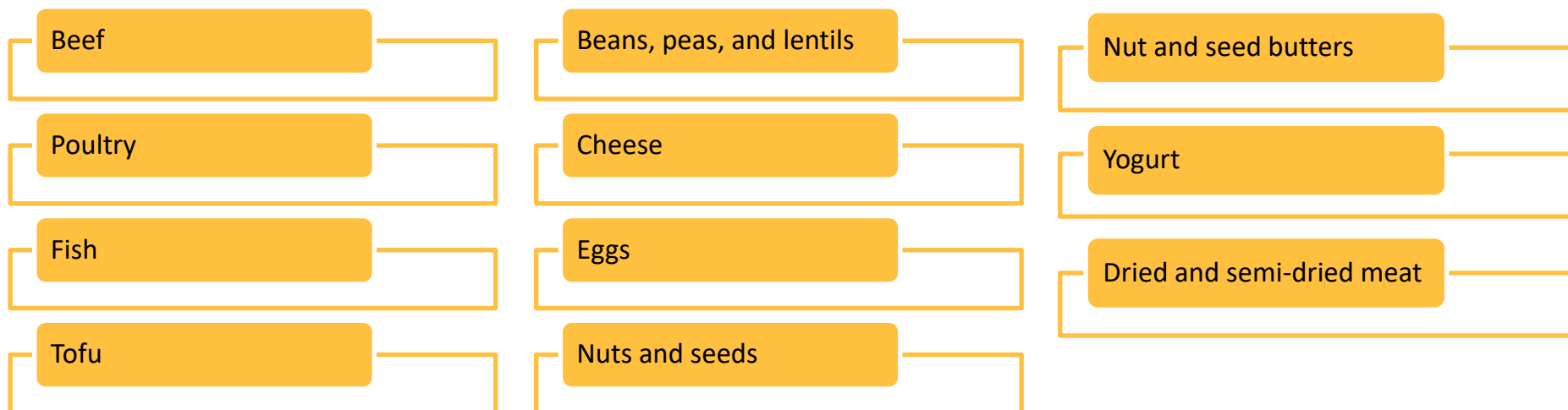
Net Wt.: 18 pounds

Chicken Wok Company
1234 Kluck Street • Poultry, PA 1235

4 INSPECTED U.S. DEPARTMENT OF AGRICULTURE P-XX

Five Components—*Meat/Meat Alternate*

Examples of foods that may credit toward the meat/meat alternate component:



Component	K-5	6-8	K-8	9-12
Meat/Meat Alternate	8-10 oz eq weekly 1 oz eq daily	9-10 oz eq weekly 1 oz eq daily	9-10 oz eq weekly 1 oz eq daily	10-12 oz eq weekly 2 oz eq daily

Five Components—*Meat/Meat Alternate*

Meat/meat alternate component must be served in a main dish, or in a main dish and only one other food items

Minimum amount of meat/meat alternate creditable is 0.25 oz eq, and operators must round down to the nearest 0.25 oz eq

Refer to the Food Buying Guide when determining how to credit certain meat/meat alternate products

Five Components—*Meat/Meat Alternate*

Nuts & Seeds

- The final rule allows nuts and seeds, and nut and seeds butters to credit for the full meat/meat alternate component
 - Under previous regulations, there was a 50% crediting limit for nuts and seeds at lunch

Beans, Peas, & Lentils

- A serving of beans, peas, and lentils offered may credit as either a meat alternate or as a vegetable in a meal, but may not credit as both for daily meal components
- As of July 1, 2024: Beans, peas, and lentils offered and credited as the meat/meat alternate daily meal component may also credit toward the weekly beans, peas, and lentils vegetable subgroup requirement
- When offering beans, peas, and lentils as the meat/meat alternate component, an additional serving of vegetable must also be served as the daily vegetable meal component

Five Components—*Meat/Meat Alternate*

Example: Beans as Meat/Meat Alternate

½ cup of cooked black beans* are served as part of the veggie quesadilla entrée for grades K-5

*1/2 cup of cooked black beans = 2 oz eq meat/meat alternate

K-5 Meal Pattern Component	Requirement	Example	Requirement Met?
Daily M/MA	1 oz eq	2 oz eq	✓
Daily Vegetable	¾ cup	0 cup	✗
Weekly Beans, Peas, & Lentils	½ cup	½ cup	✓

Note: The daily vegetable requirement (¾ cup for K-5) is not met until another vegetable(s) is offered with the meal because the beans can only credit as one component (i.e., meat/meat alternate in this example)

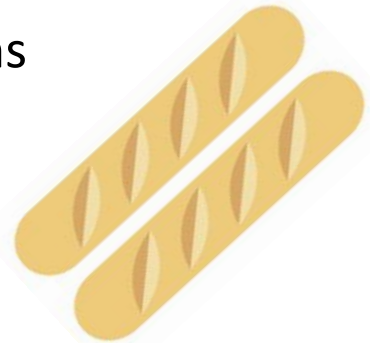
Five Components—*Grains*

Component	K-5	6-8	K-8	9-12
Grains	8-9 oz eq weekly 1 oz eq daily	8-10 oz eq weekly 1 oz eq daily	8-9 oz eq weekly 1 oz eq daily	10-12 oz eq weekly 2 oz eq daily

Whole Grain-Rich (WGR)

WGR indicates that the grains components in a product are at least 50 percent whole grain with the remaining grains being enriched

- This term only refers to FNS criteria for meeting the grains requirements for the NSLP, SBP, and CACFP



Five Components—*Grains*

Whole Grains

- Refer to grains that contain all of their original parts (i.e. the bran, germ, and endosperm)
- Contain naturally occurring nutrients and are a good source of fiber
- Ex: Brown Rice, Oatmeal, Quinoa, Whole Wheat

Enriched Grains

- Refer to grain products in which nutrients are added back to the product after removing the bran and germ
- Nutrients are not added back in the same proportions in which they were removed
- Ex: Enriched Flour, Enriched Wheat Flour, Enriched Corn Meal

Five Components—*Grains*

WGR grains meet at least one of the following:

- Whole grains per 1 oz eq serving must be ≥ 8 grams (for groups A-G) **OR**
- Whole grains are the primary ingredient by weight **OR**
- The product includes one of the following FDA approved whole grain health claims on its packaging **OR**
 - “Diets rich in whole grain foods and other plant foods, and low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease and certain cancers.”
 - “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”
- The product is listed on any State Agency’s WIC-approved whole grain food list



Five Components—*Grains*

80% of grains served throughout the week must be whole grain-rich (WGR), and any remaining grains must be enriched

Minimum creditable amount is 0.25 oz eq, and operators must round down to the nearest 0.25 oz eq

Refer to the Food Buying Guide when determining how to credit certain grain products

No more than 2 oz eq grain-based desserts throughout the week can contribute to the grain component

Five Components—*Grains*

WHEAT		
bromated whole-wheat flour	stone ground whole-wheat flour	whole-grain bulgur
bulgur (cracked wheat)	toasted crushed whole wheat	whole-grain wheat
cracked wheat or crushed wheat	wheat berries	whole-grain wheat flakes
entire wheat flour	wheat groats	whole-grain wheat flour
flaked wheat	white whole-wheat flour	whole-wheat flakes
graham flour	whole bulgur	whole-wheat flour
sprouted wheat	whole-durum flour	whole-wheat pastry flour
sprouted wheat berries	whole-durum wheat flour	whole-white wheat
sprouted whole wheat		
OATS		
instant oatmeal	old-fashioned oats	whole-grain oat flour
oat groats	quick-cooking oats	whole oats
oatmeal or rolled oats	steel cut oats	whole-oat flour
BARLEY		
dehulled barley	whole-barley flakes	whole-grain barley
dehulled-barley flour	whole-barley flour	whole-grain barley flour
whole barley		
CORN		
corn masa*	popcorn**	whole-grain corn flour
hominy grits*	whole corn	whole-grain cornmeal
masa harina*	whole cornmeal	whole-grain grits
nixtamalized corn*	whole-grain corn	whole-corn flour
BROWN RICE		
brown rice	brown rice flour	sprouted brown rice
WILD RICE		
wild rice	wild rice flour	

RYE		
flaked rye	sprouted whole rye	whole-rye flakes
rye berries	whole rye	whole-rye flour
rye groats		
OTHER GRAINS		
amaranth	sorghum flour	triticale flour
amaranth flour	spelt berries	whole einkorn
buckwheat	sprouted buckwheat	whole einkorn berries
buckwheat flour	sprouted einkorn	whole emmer (farro)
buckwheat groats	sprouted spelt	whole-grain einkorn flour
millet	teff	whole-grain spelt flour
millet flour	teff flour	whole kamut (Khorasan wheat)
quinoa	triticale	whole spelt
sorghum (milo)		

See USDA's [Whole Grain Resource](#) for more details

Five Components—*Grains*

Exhibit A

- Breads, cereals, muffins, crackers, pasta, etc. all contribute differently to the grains requirement based on the weight of each product
- USDA's [Exhibit A](#) provides a general guideline for crediting grain items
 - It is the most important tool for determining how different grain products contribute to the oz eq requirement

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
Bread type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) <small>Note: weights apply to bread in stuffing</small>	1 oz eq = 22 gm or 0.8 oz ¼ oz eq = 17 gm or 0.6 oz ½ oz eq = 11 gm or 0.4 oz ¼ oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz ¼ serving = 15 gm or 0.5 oz ½ serving = 10 gm or 0.4 oz ¼ serving = 5 gm or 0.2 oz
Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
Bagels Batter type coating Biscuits Breads - all (for example sliced, French, Italian) Buns (hamburger and hot dog) Sweet Crackers ² (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread Pizza crust Pretzels (soft) Rolls Tortillas Tortilla chips Taco shells	1 oz eq = 28 gm or 1.0 oz ¼ oz eq = 21 gm or 0.75 oz ½ oz eq = 14 gm or 0.5 oz ¼ oz eq = 7 gm or 0.25	1 serving = 25 gm or 0.9 oz ¼ serving = 19 gm or 0.7 oz ½ serving = 13 gm or 0.5 oz ¼ serving = 6 gm or 0.2 oz
Group C	Ounce Equivalent (oz eq) for Group C	Minimum Serving Size for Group C
Cookies ³ (plain - includes vanilla wafers) Combread Corn muffins Croissants Pancakes Pie crust (dessert pies ⁴ , cobbler ⁵ , fruit turnovers ⁶ , and meats/meat alternate pies) Waffles	1 oz eq = 34 gm or 1.2 oz ¼ oz eq = 26 gm or 0.9 oz ½ oz eq = 17 gm or 0.6 oz ¼ oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz ¼ serving = 23 gm or 0.8 oz ½ serving = 16 gm or 0.6 oz ¼ serving = 8 gm or 0.3 oz
Group D	Ounce Equivalent (oz eq) for Group D	Minimum Serving Size for Group D
Doughnuts ⁴ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars ⁴ (plain) Muffins (all, except corn) Sweet roll ⁴ (unfrosted) Toaster pastry ⁴ (unfrosted)	1 oz eq = 55 gm or 2.0 oz ¼ oz eq = 42 gm or 1.5 oz ½ oz eq = 28 gm or 1.0 oz ¼ oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz ¼ serving = 38 gm or 1.3 oz ½ serving = 25 gm or 0.9 oz ¼ serving = 13 gm or 0.5 oz

Five Components—*Grains*

GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) ← • Buns (hamburger and hot dog) • Sweet Crackers⁴ (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn) 	<ul style="list-style-type: none"> 1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz

**Breads are
part of
Group B**



- Nutrition Facts Label: 1 breadstick = 61 g
- Exhibit A: Group B
 - 1 oz eq = 28 g or 1 oz
 - ¾ oz eq = 21 g or 0.75 oz
 - ½ oz eq = 14 g or 0.5 oz
 - ¼ oz eq = 7 g or 0.25 oz

Five Components—*Grains*

GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) ← • Buns (hamburger and hot dog) • Sweet Crackers⁴ (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn) 	<ul style="list-style-type: none"> 1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz

**Breads are
part of
Group B**



- Nutrition Facts Label: 1 breadstick = **61 g**
- Exhibit A: Group B
 - 1 oz eq = **28 g** or 1 oz
 - ¾ oz eq = 21 g or 0.75 oz
 - ½ oz eq = 14 g or 0.5 oz
 - ¼ oz eq = 7 g or 0.25 oz

- 1) $61 \text{ g} \div 28 \text{ g} = 2.18$
- 2) 2.18 rounds down to 2.0 oz eq
- 3) 1 breadstick = **2.0 oz eq**

Dietary Specifications



Calories

Sodium

Saturated
Fat

Added
Sugar

- The standards for calories, sodium, saturated fat, and sugar are based on averages for the school week
 - Throughout the week, one or more days may fall outside of the required calorie range, or above the sodium, saturated fat, and sugar limits
 - However, other days during that week must balance out those averages so that meals fall within the above requirements

Dietary Specifications

	K-5	6-8	K-8	9-12
Calories	550-650	600-700	600-650	750-850
Saturated Fat (% total calories)	<10	<10	<10	<10
Sodium Through June 30, 2027	≤ 1,110 mg	≤ 1,225 mg	≤ 1,110 mg	≤ 1,280 mg
Sodium Beginning July 1, 2027	≤ 935 mg	≤ 1,035 mg	≤ 935 mg	≤ 1,080 mg
Added Sugars (% total calories) Beginning July 1, 2027	<10	<10	<10	<10

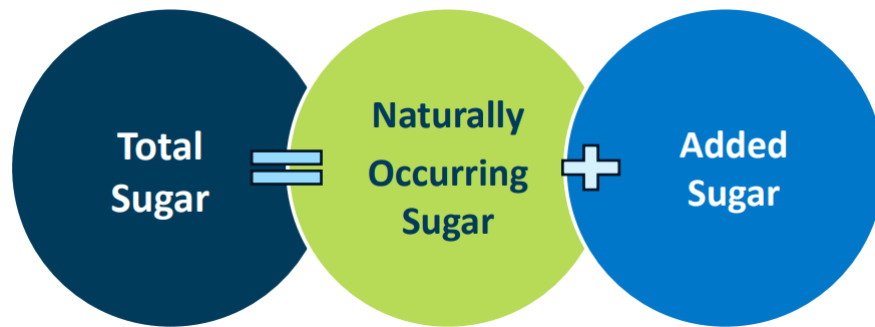
Dietary Specifications—*Sodium*

Age/Grade Group	Current Sodium Limit: In place through June 30, 2027	Sodium Limit: Must be implemented by July 1, 2027
Grades K-5	≤ 1,110 mg	≤ 935 mg
Grades 6-8	≤ 1,225 mg	≤ 1,035 mg
Grades 9-12	≤ 1,280 mg	≤ 1,080 mg

↓ 15% reduction from
SY26-27 to SY 27-28

Age/Grade Group	Current Sodium Limit: In place through June 30, 2027	Sodium Limit: Must be implemented by July 1, 2027
Grades K-5	≤ 1,110 mg	≤ 935 mg
Grades 6-8	≤ 1,225 mg	≤ 1,035 mg
Grades 9-12	≤ 1,280 mg	≤ 1,080 mg

Dietary Specifications—*Added Sugar*



1 gram of added sugar
= 4 calories

Nutrition Facts	
8 servings per container	
Serving size	8 fl oz (240mL)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Dietary Specifications—*Added Sugar*

Product-based limits beginning **July 1, 2025**

Breakfast Cereals

no more than 6 grams of added sugar per dry ounce

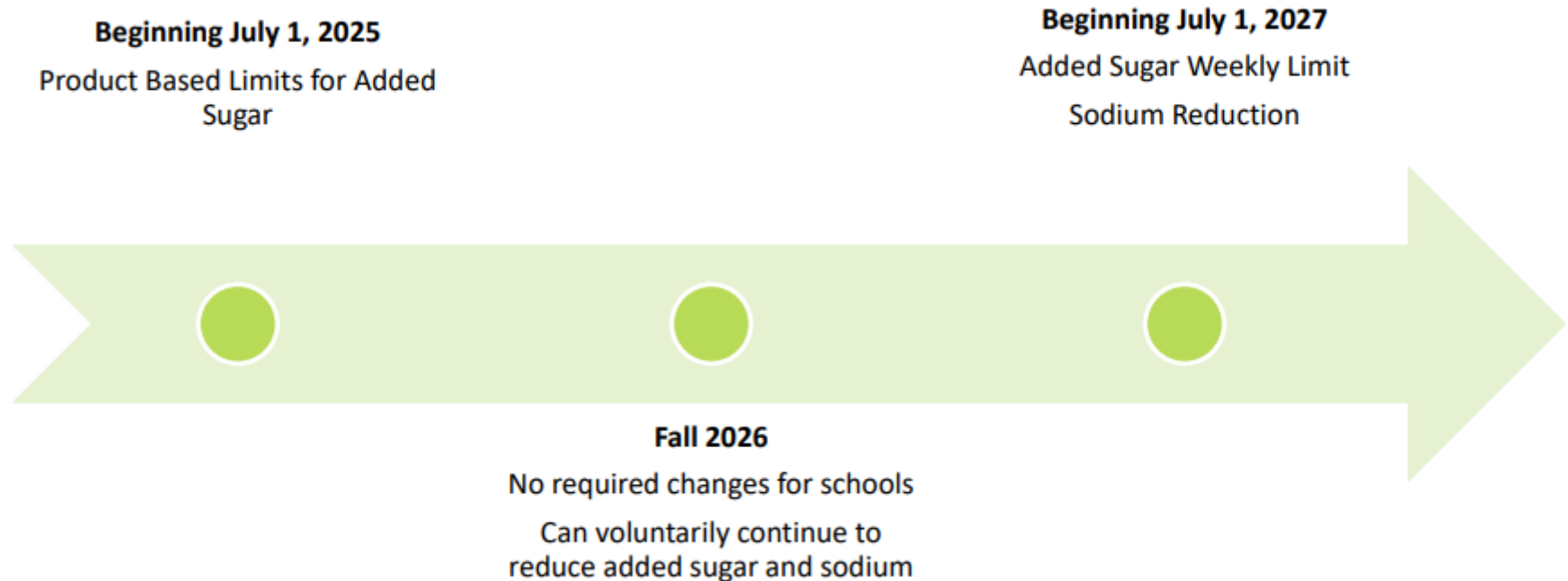
Yogurt

no more than 12 grams of added sugar per 6 ounces (2 grams per ounce)

Flavored Milk

no more than 10 grams of added sugar per 8 fluid ounces

Dietary Specifications—*Timeline*



Resources

SCHOOL NUTRITION PROGRAMS ADMINISTRATIVE HANDBOOK

Section C—Menu Planning and Meal
Pattern Requirements

[HTTPS://WWW.ISBE.NET/PAGES/SCHOOL
NUTRITIONADMINHANDBOOK.ASPX](https://www.isbe.net/pages/school-nutrition-admin-handbook.aspx)



Resources

USDA's Updates to the School Nutrition Standards webpage

<https://www.fns.usda.gov/cn/school-nutrition-standards-updates>



Resources

USDA's Menu Planner for School Meals

<https://www.fns.usda.gov/tn/menu-planner-school-meals>



THANK YOU!



CNP@isbe.net



(217) 782-2491



www.isbe.net/nutrition

