



NATIONAL SCHOOL LUNCH PROGRAM

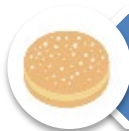


MEAL PATTERN OVERVIEW



NSLP Meal Pattern Overview

Components



Grains



Meat/Meat Alternate



Fruits



Vegetables



Milk





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



NSLP Meal Pattern Overview

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Vegetables	3.75 c (0.75)	3.75 c (0.75)	5 c (1)	3.75 c (0.75)
Dark Green	0.5	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25	0.75
Legumes	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.75	0.5
Additional	1	1	1.5	1
Milk	5 c (1)	5 c (1)	5 c (1)	5 c (1)



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Dark Green	0.5	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25	0.75
Legumes	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.75	0.5
Additional	1	1	1.5	1
Milk	5 c (1)	5 c (1)	5 c (1)	5 c (1)



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Vegetables	3.75 c (0.75)	3.75 c (0.75)	5 c (1)	3.75 c (0.75)
Dark Green	0.5	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25	0.75
Legumes	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.75	0.5
Additional	1	1	1.5	1
Milk	5 c (1)	5 c (1)	5 c (1)	5 c (1)



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Fruits	2.5 c (0.5)	2.5 c (0.5)	5 c (1)	2.5 c (0.5)
Vegetables	3.75 c (0.75)	3.75 c (0.75)	5 c (1)	3.75 c (0.75)
Dark Green	0.5	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25	0.75
Legumes	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.75	0.5
Additional	1	1	1.5	1
Milk	5 c (1)	5 c (1)	5 c (1)	5 c (1)



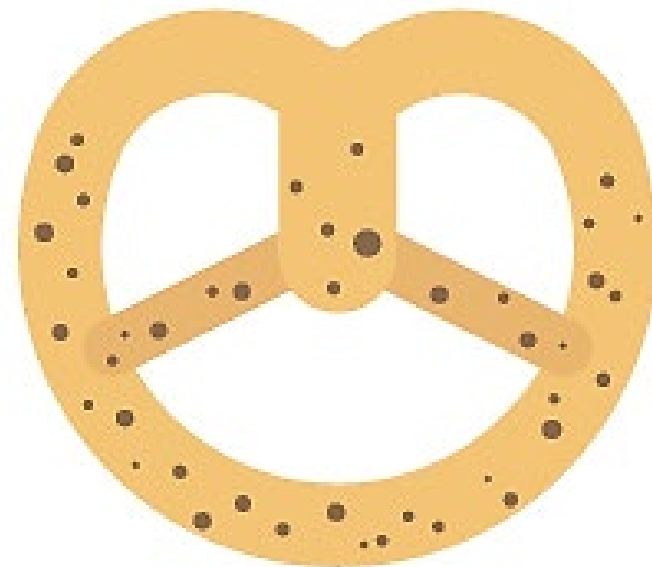
NSLP Meal Pattern Overview

Grains Component

Food Component	K-5	6-8	9-12
Grains	8 oz eq (1)	8 oz eq (1)	10 oz eq (2)

Whole Grain-Rich (WGR)

- Term designated by USDA to indicate that the grains components in a product are at least 50 percent whole grain with the remaining grains being enriched
- At least 80% of grain items must be WGR
- Any remaining grain items must be enriched





NSLP Meal Pattern Overview

Grains Component

Highlights

- *Grains are a required meal component for the NSLP*
- *80% of grain items offered must be whole grain-rich during School Year 2022-23 & 2023-24 under the Transitional Standards for Milk, Whole Grains, & Sodium final rule*
 - *Any remaining grain items offered must be enriched*
- *All grain products served in the NSLP must be credited based on per-ounce equivalent (oz eq) standards*
- *The minimum amount of grain creditable towards meal pattern requirements is 0.25 oz eq*



NSLP Meal Pattern Overview

Meat/Meat Alternate Component

Food Component	K-5	6-8	9-12
Meat/Meat Alternate	8 oz eq (1)	9 oz eq (1)	10 oz eq (2)

Examples of Meat/Meat Alternates

- Beef, poultry, fish
- Cheese
- Eggs
- Nuts and seeds (and nut and seed butters)
- Beans and peas (legumes)
- Tofu and soy products





NSLP Meal Pattern Overview

Meat/Meat Alternate Component

Highlights

- *Meat/Meat Alternates are a required meal component for the NSLP*
- *M/MA served in the NSLP must be credited based on per-ounce equivalent (oz eq) standards*
- *The minimum amount of M/MA creditable is 0.25 oz eq*



NSLP Meal Pattern Overview

Fruit Component

Food Component	K-5	6-8	9-12
Fruits	2.5 c (0.5)	2.5 c (0.5)	5 c (1)

Fresh

Frozen

Canned

Dried

100%
Fruit Juice



NSLP Meal Pattern Overview

Fruit Component

Highlights:

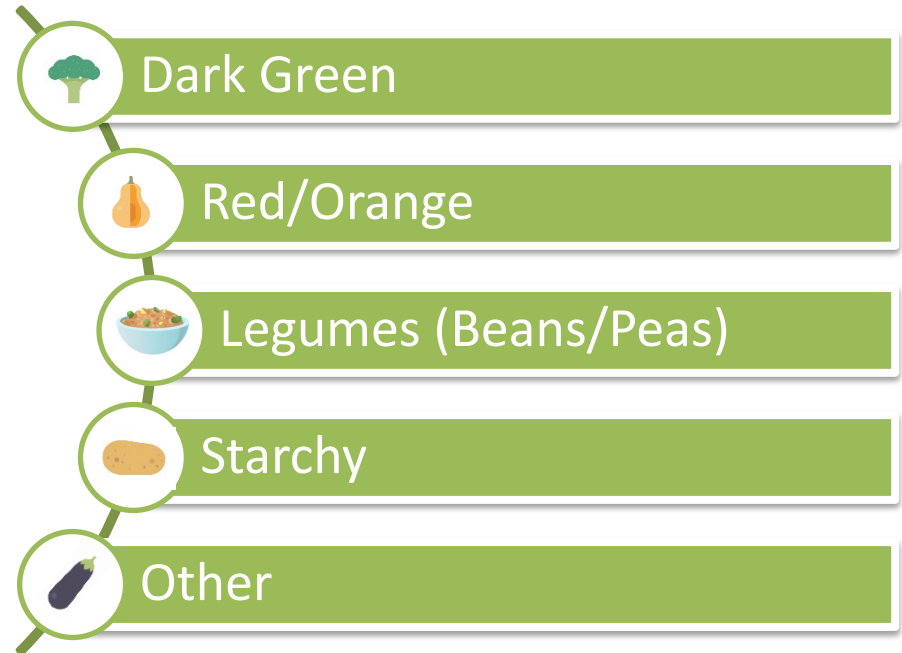
- *Fruits are a required meal pattern component for the NSLP*
- *Fruit is measured in cups and credits based on the volume served*
 - *Exception: Dried Fruit*
- *1/8 cup of any fruit is the minimum serving size that may be creditable*
- *No more than half of the total weekly fruit offered may be 100% fruit juice*



NSLP Meal Pattern Overview

Vegetable Component

Food Component	K-5	6-8	9-12
Vegetables	3.75 c (0.75)	3.75 c (0.75)	5 c (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Legumes	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional	1	1	1.5





NSLP Meal Pattern Overview

Vegetable Component

Highlights:

- *Vegetables are a required meal component for the NSLP*
- *There are five vegetable subgroups that must be offered weekly*
- *Vegetables are measured in cups and credit based on the volume served*
 - *Exception: Raw, Leafy Greens*
- *1/8 cup of any vegetable is the minimum serving size that may be creditable*
- *No more than half of the total weekly vegetables offered may be 100% fruit juice*



NSLP Meal Pattern Overview

Milk Component

Food Component	K-5	6-8	9-12
Milk	5 c (1)	5 c (1)	5 c (1)

Fat-Free
Unflavored

Fat-Free
Flavored

Low-Fat (1%)
Unflavored

Low-Fat (1%)
Flavored



NSLP Meal Pattern Overview

Milk Component

Highlights

- *Milk is a required meal component for the NSLP*
- *Milk is measured in cups and credits based on the volume served*
- *Low-fat 1% flavored milk is allowed to be served during School Year 2022-23 & 2023-24 under the Transitional Standards for Milk, Whole Grains, & Sodium final rule*
- *At least two varieties of milk must be offered during the NSLP meal service*
 - *One of those choices must be unflavored*



NSLP Meal Pattern Overview

Dietary Specifications

Standards for calories, sodium, and saturated fat are based on averages for the week

	K-5	6-8	9-12	K-8
Calories (kcal)	550-650	600-700	750-850	600-650
Sodium (mg)				
Target 1 (SY 2022-2023)	≤ 1,230	≤ 1,360	≤ 1,420	≤ 1,230
Target 1A (SY 2023-2024)	≤ 1,110	≤ 1,225	≤ 1,280	≤ 1,110
Saturated Fat (% total kcal)	<10	<10	<10	<10
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving			



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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

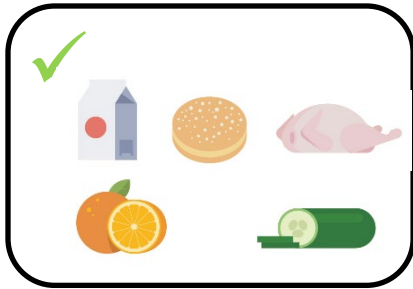
- At least 3 components must be selected
- At least a ½ cup of fruit and/or vegetable must be selected for the meal to be reimbursable



NSLP Meal Pattern Overview

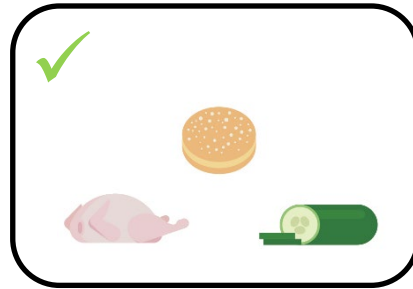
Offer Versus Serve

K-8 Meal Pattern Example



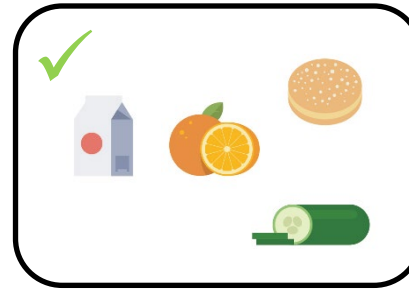
Reimbursable

- Milk (1 cup)
- Grain (1 oz eq)
- M/MA (1 oz eq)
- Fruit ($\frac{1}{2}$ cup)
- Vegetable ($\frac{3}{4}$ cup)



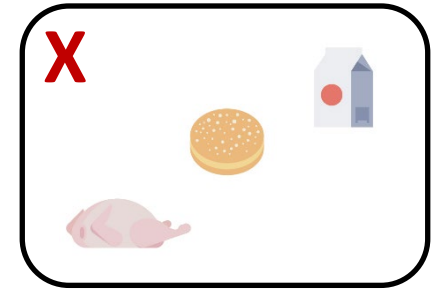
Reimbursable

- Grain (1 oz eq)
- M/MA (1 oz eq)
- Vegetable ($\frac{3}{4}$ cup)



Reimbursable

- Milk (1 cup)
- Grain (1 oz eq)
- Fruit ($\frac{1}{4}$ cup)
- Vegetable ($\frac{1}{4}$ cup)



Not Reimbursable

- Milk (1 cup)
- Grain (1 oz eq)
- M/MA (1 oz eq)