

## 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 Weekly	Grades 6-8 Weekly	Grades 9-12 Weekly
Calories	550-650	600-700	750-850
Saturated Fat (% of total calories)	<10	<10	<10
Sodium (milligrams)	≤935	≤1,035	≤1,080
Trans Fat (gram)	0	0	0