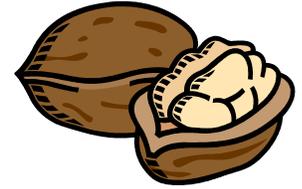


# National School Lunch Program (NSLP) *In a Nutshell*

## Nutrition Standards & Meal Pattern Requirements

School Year 2020-2021



Age/Grade Groups: K-5, 6-8, K-8, 9-12

### Dietary Specifications\*

Grade Group	Average Daily Calorie Ranges	Average Daily Sodium Limits (Target 2)
K-5	550 - 650 kcal	≤ 935 mg
K-8	600 - 650 kcal	≤ 935 mg
6-8	600 - 700 kcal	≤ 1,035 mg
9-12	750 - 850 kcal	≤ 1,080 mg

\*The dietary specifications are assessed as a daily average over the course of one five-day week

- Average daily saturated fat limit: < 10% of total calories
- Trans fat: 0 grams of trans fat per portion (< 0.5 grams/serving); excludes naturally-occurring trans fat

### Components

#### Meat/Meat Alternate (M/MA)

- M/MA credit by weight (ounce equivalents, or oz. eq.).
- Daily and weekly minimums must be met.\*
  - Daily minimums: K-5, K-8, 6-8: **1.0 oz. eq.**, 9-12: **2.0 oz. eq.**
  - Weekly minimums: K-5: **8.0 oz. eq.**, K-8, 6-8: **9.0 oz. eq.**, 9-12: **10 oz. eq.**
- A minimum of 0.25 oz. eq. serving is needed to credit.
- Foods with creditable amounts of M/MA offered on salad bars and/or as condiments in amounts greater than 0.25 oz. eq. per serving contribute to weekly M/MA offerings.
- Tofu and soy yogurt are now creditable as M/MA.
  - Tofu requirements: A 2.2 oz. serving by weight of commercially prepared tofu containing at least 5.0 gm of protein will credit as 1.0 oz. eq. M/MA.

\*Recommended Target Maximum for M/MA: 10 oz. eq. per week for K-5, 6-8 and K-8, 12 oz. eq. per week for 9-12.

#### Grains

- Grains credit by weight (ounce equivalents, or oz. eq.).
- Daily and weekly minimums must be offered.\*
  - Daily minimums: K-5, K-8, 6-8: **1.0 oz. eq.**, 9-12: **2.0 oz. eq.**
  - Weekly minimums: K-5, K-8, 6-8: **8.0 oz. eq.**, 9-12: **10 oz. eq.**
- All grains credited toward the meal pattern must be whole grain-rich.
- A minimum of 0.25 oz. eq. serving is needed to credit.
- Ounce equivalency standards must be used (16 grams = 1 oz eq.).
  - Reference: [Exhibit A](https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/exhibit-a.pdf) (https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/exhibit-a.pdf)

\*Recommended Target Maximum for Grains: 9oz. eq. per week for K-5 and K-8, 10 oz. eq. per week for 6-8, and 12 oz. eq. per week for 9-12.

#### Fruits

- Fruit credits by volume (cups).
- A minimum of 1/8 cup fruit per serving is needed to credit.
- Creditable forms of fruit include: fresh, frozen with or without added sugar, canned in water, light syrup or juice, dried, and pasteurized, full-strength juice.
  - Dried fruit credits as twice the volume served (e.g. ¼ cup of raisins credits as ½ cup of fruit).
  - No more than half of weekly fruit offerings can be in the form of juice.
- Snack-type fruit products such as 100% fruit strips, leathers, and drops are not creditable toward the fruit component.

## Vegetables

- Vegetables credits by volume (cups).
  - A minimum of 1/8 cup vegetable per serving is needed to credit.
- Creditable forms of vegetable include: fresh, frozen, canned, and pasteurized, full-strength juice.
  - Uncooked leafy vegetables credit as half of the volume served (e.g. 1 cup served = ½ cup creditable vegetable).
  - No more than half of weekly vegetable offerings can be in the form of juice.
- Minimum quantities must be met from all subgroups weekly (dark green, red/orange, beans/peas/legumes, starchy, and other).
- Mixed vegetable dishes with unknown quantities/serving or mixed vegetable dishes that include starchy vegetables may credit toward total vegetables served and categorized as additional.

## Milk

- Milk credits by volume (fluid ounces).
- 1 cup milk must be offered daily.
- At least two varieties of low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored) milk must be offered.

## Menu Planning

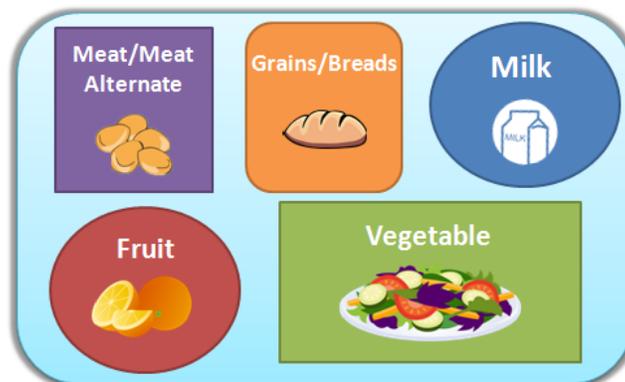
- Refer to the [Meal Pattern Tables for Lunch](https://dpi.wi.gov/school-nutrition/program-requirements/menu-planning) (<https://dpi.wi.gov/school-nutrition/program-requirements/menu-planning>).
- All meals must meet the daily minimum requirements for all 5 components at lunch.
- Each serving line must meet the daily and weekly requirements, including vegetable subgroups, independently.
- All foods and condiments that students have access to as part of a reimbursable meal must be included in the daily averages for dietary specifications.
- CN labels or manufacturer's product formulation statements are needed to document compliance.

## Offer versus Serve (OVS)

- Students must be offered all 5 components at lunch in portions planned to meet the daily minimum quantities for each age/grade group.
- OVS is required at high schools and is optional for elementary and middle schools.
- Under OVS, all students must be allowed to decline up to 2 components.
- All students must select at least a ½ cup fruit, vegetable, or a combination of fruits and vegetables.

## *Build a Healthy Lunch* **YOU Get To Pick (at least) 3!**

*Including (at least) ½ cup Fruit, ½ cup Vegetable, or ½ cup Combo*



This institution is an equal opportunity provider.

