

National School Lunch Program (NSLP)

FIVE-DAY LUNCH MEAL PATTERN

School Year 2017-18 (Effective July 1, 2017)

Food Components	GRADES K-5		GRADES 6-8		GRADES 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fluid Milk (cups) Low-fat (1%) unflavored or flavored	1	5	1	5	1	5
Fruit (cups) Fruit juice cannot exceed half of the weekly fruits	1/2	2 1/2	1/2	2 1/2	1	5
Vegetables (cups) Vegetable juice cannot exceed half of the weekly vegetables	3/4	3 3/4	3/4	3 3/4	1	5
Dark Green	0	1/2	0	1/2	0	1/2
Red/Orange	0	3/4	0	3/4	0	1 1/4
Beans/Peas (Legumes)	0	1/2	0	1/2	0	1/2
Starchy	0	1/2	0	1/2	0	1/2
Other	0	1/2	0	1/2	0	3/4
Additional vegetable to reach total	0	1	0	1	0	1 1/2
Grains All grains must be whole grain-rich	1	8-9	1	8-10	2	10-12
Meats and Meat Alternates (ounce equivalents)	1	8-10	1	9-10	2	10-12
DIETARY SPECIFICATIONS (NUTRITION STANDARDS)						
Daily amount based on the average for a five-day week						
Calories	550-650		600-700		750-850	
Saturated Fat (percentage of total calories)	<10		<10		<10	
Sodium (milligrams) SY 2019	≤1,230		≤1,360		≤1,420	
Trans Fat (grams)	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving					