

WHAT'S IN A MEAL
Grades K-12

National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12

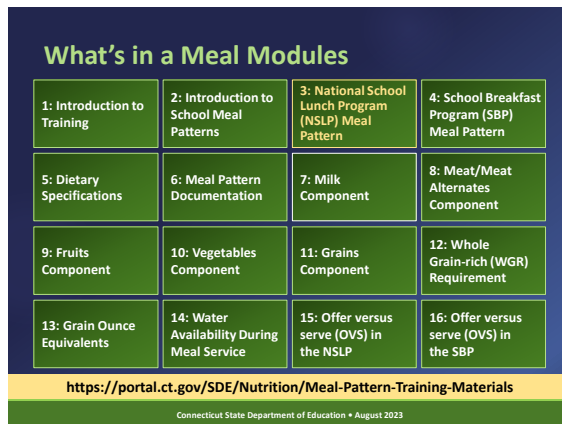
School Year 2023-24

Module 3: National School Lunch Program (NSLP) Meal Pattern

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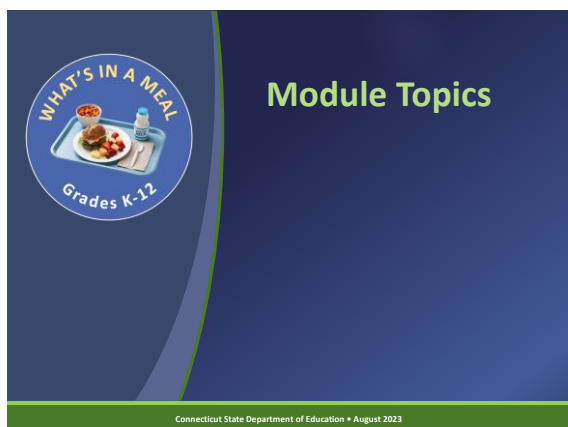
What's in a Meal Modules

1: Introduction to Training	2: Introduction to School Meal Patterns	3: National School Lunch Program (NSLP) Meal Pattern	4: School Breakfast Program (SBP) Meal Pattern
5: Dietary Specifications	6: Meal Pattern Documentation	7: Milk Component	8: Meat/Meat Alternates Component
9: Fruits Component	10: Vegetables Component	11: Grains Component	12: Whole Grain-rich (WGR) Requirement
13: Grain Ounce Equivalents	14: Water Availability During Meal Service	15: Offer versus serve (OVS) in the NSLP	16: Offer versus serve (OVS) in the SBP

<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

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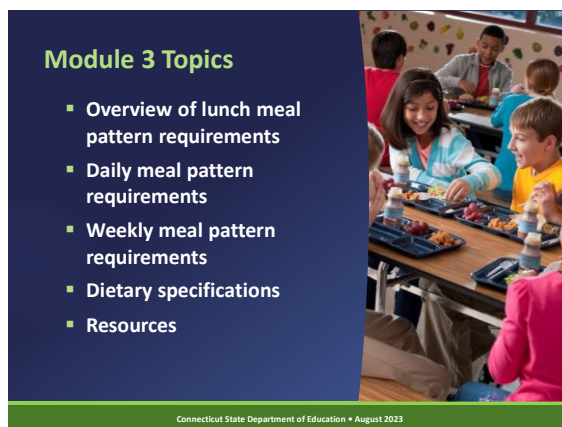


WHAT'S IN A MEAL
Grades K-12

Module Topics


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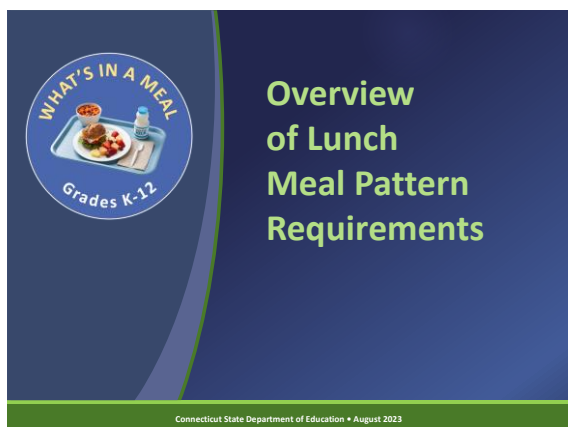
Module 3 Topics

- Overview of lunch meal pattern requirements
- Daily meal pattern requirements
- Weekly meal pattern requirements
- Dietary specifications
- Resources



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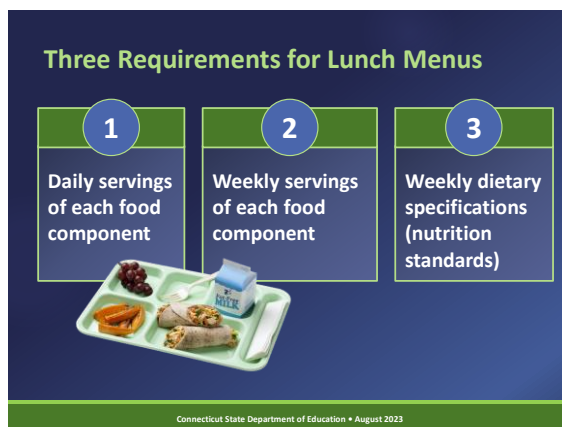


WHAT'S IN A MEAL
Grades K-12

Overview of Lunch Meal Pattern Requirements


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Three Requirements for Lunch Menus

1 Daily servings of each food component	2 Weekly servings of each food component	3 Weekly dietary specifications (nutrition standards)
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Daily Lunch Requirements

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Minimum Daily Portions






- Same for grades K-5 and 6-8
- Larger for grades 9-12, except milk



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Lunch Meal Pattern for Grades K-5 and 6-8






Minimum Daily Requirements				
MMA	Grains	Vegetables	Fruits	Milk
1 oz eq	1 oz eq	¾ cup	½ cup	1 cup
				

Must offer ≥ 2 different choices of low-fat or fat-free milk and ≥ 1 unflavored choice

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Lunch Meal Pattern for Grades 9-12

Minimum Daily Requirements				
MMA	Grains	Vegetables	Fruits	Milk
2 oz eq	2 oz eq	1 cup	1 cup	1 cup
				

Must offer ≥ 2 different choices of low-fat or fat-free milk and ≥ 1 unflavored choice

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Weekly Lunch Requirements

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Weekly Lunch Requirements

Based on 5-day week

Shorter or Longer Week

- Increase or decrease weekly servings by 20% for each day

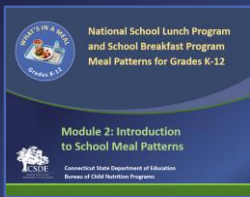


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More Information on Weekly Lunch Requirements

- Module 2: Introduction to School Meal Patterns



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Weekly Lunch Requirements for 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
MMA, oz eq	8-10	9-10	10-12
Grains, oz eq	8-9	8-10	10-12
Vegetables, cups	3¾	3¾	5
Fruits, cups	2½	2½	5
Milk, cups	5	5	5

Maximum not required but provides guide to meet dietary specifications

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Weekly Lunch Requirements for 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
MMA, oz eq	8-10	9-10	10-12
Grains, oz eq	8-9	8-10	10-12
Vegetables, cups	3¾	3¾	5
Fruits, cups	2½	2½	5
Milk, cups	5	5	5

Must offer > minimum daily amount on some days

1 oz eq daily = 5 oz eq

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Weekly Lunch Requirements for 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
MMA, oz eq	8-10	9-10	10-12
Grains, oz eq	8-9	8-10	10-12
Vegetables, cups	3¾	3¾	5
Fruits, cups	2½	2½	5
Milk, cups	5	5	5

2 oz eq daily = 10 oz eq

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Weekly Lunch Requirements for 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
MMA, oz eq	8-10	9-10	10-12
Grains, oz eq	8-9	8-10	10-12
Vegetables, cups	3¾	3¾	5
Fruits, cups	2½	2½	5
Milk, cups	5	5	5

≥ 80 percent of the weekly grains must be whole grain-rich (WGR)


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Weekly Lunch Requirements for 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
MMA, oz eq	8-10	9-10	10-12
Grains, oz eq	8-9	8-10	10-12
Vegetables, cups	3¾	3¾	5
Fruits, cups	2½	2½	5
Milk, cups	5	5	5

Grain-based desserts cannot exceed 2 oz eq per week




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Weekly Lunch Requirements for 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
MMA, oz eq	8-10	9-10	10-12
Grains, oz eq	8-9	8-10	10-12
Vegetables, cups	3¾	3¾	5
Fruits, cups	2½	2½	5
Milk, cups	5	5	5

Includes five vegetable subgroups




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Weekly Lunch Requirements for 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
MMA, oz eq	8-10	9-10	10-12
Grains, oz eq	8-9	8-10	10-12
Vegetables, cups	3¾	3¾	5
Fruits, cups	2½	2½	5
Milk, cups	5	5	5

Juice limit ≤ 50% of weekly servings




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Weekly Lunch Requirements for 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
MMA, oz eq	8-10	9-10	10-12
Grains, oz eq	8-9	8-10	10-12
Vegetables, cups	3¾	3¾	5
Fruits, cups	2½	2½	5
Milk, cups	5	5	5

Juice limit ≤ 50% of weekly servings



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Weekly Lunch Requirements for 5-day week

Food components	Grades K-5	Grades 6-8	Grades 9-12
MMA, oz eq	8-10	9-10	10-12
Grains, oz eq	8-9	8-10	10-12
Vegetables, cups	3¾	3¾	5
Fruits, cups	2½	2½	5
Milk, cups	5	5	5

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Lunch Meal Pattern: Grades K-8 Option




Food components	5-day Week		7-day week	
	Daily	Weekly	Daily	Weekly
MMA, oz eq	1	9-10	1	12½ -14
Grains, oz eq	1	8-9	1	11-12½
Vegetables, cups	¾	3¾	¾	5¾
Fruits, cups	½	2½	½	3½
Milk, cups	1	5	1	7

Same daily quantities

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Lunch Meal Pattern: Grades K-8 Option




Food components	5-day Week		7-day week	
	Daily	Weekly	Daily	Weekly
MMA, oz eq	1	9-10	1	12½ -14
Grains, oz eq	1	8-9	1	11-12½
Vegetables, cups	¾	3¾	¾	5¾
Fruits, cups	½	2½	½	3½
Milk, cups	1	5	1	7

Same weekly quantities for vegetables, fruits, and milk

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Lunch Meal Pattern: Grades K-8 Option




Food components	5-day Week		7-day week	
	Daily	Weekly	Daily	Weekly
MMA, oz eq	1	9-10	1	12½ -14
Grains, oz eq	1	8-9	1	11-12½
Vegetables, cups	¾	3¾	¾	5¾
Fruits, cups	½	2½	½	3½
Milk, cups	1	5	1	7

Narrower weekly range for MMA and grains

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Lunch Meal Pattern: Grades K-8 Option




Food components	5-day Week		7-day week	
	Daily	Weekly	Daily	Weekly
MMA, oz eq	1	9-10	1	12½ -14
Grains, oz eq	1	8-9	1	11-12½
Vegetables, cups	¾	3¾	¾	5¾
Fruits, cups	½	2½	½	3½
Milk, cups	1	5	1	7

Must meet narrower weekly calorie range and stricter sodium limits

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Dietary Specifications for Lunch

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Dietary Specifications for Lunch

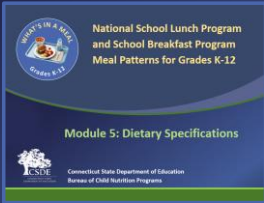
Nutrients	Standard Grade Groups			Optional Grade Group
	K-5	6-8	9-12	K-8
Calories	550-650	600-700	750-850	600-650
Saturated fat	< 10%	< 10%	< 10%	< 10%
Sodium (milligrams)				
• Target 1 (2022-23)	≤ 1,230	≤ 1,360	≤ 1,420	≤ 1,230
• Target 1A (2023-24)	≤ 1,110	≤ 1,225	≤ 1,280	≤ 1,110
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving			

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More Information on Dietary Specifications

- Module 5: Dietary specifications



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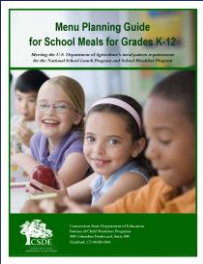
Resources for NSLP Meal Pattern

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CSDE Resource

Menu Planning Guide for School Meals for Grades K-12



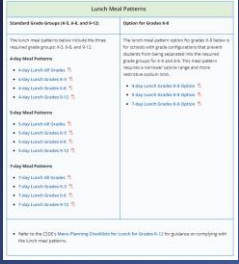
<https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals>

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CSDE Webpage

Meal Patterns for Grades K-12 in School Nutrition Programs



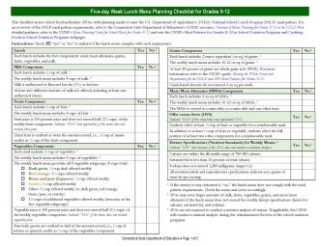
<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-School-Nutrition-Programs/Documents#LunchMealPatterns>

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CSDE Resource

Menu Planning Checklists for Lunch for Grades K-12




<https://portal.ct.gov/SDE/Nutrition/Forms-for-School-Nutrition-Programs#MenuPlanningChecklistsLunchGradesK-12>

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CSDE Webpage

Crediting Foods in School Nutrition Programs



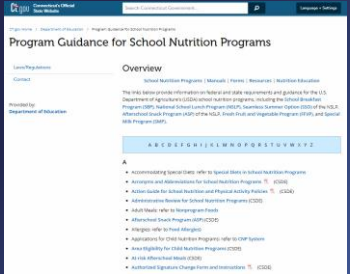
<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs>

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CSDE Webpage

Program Guidance for School Nutrition Programs




<https://portal.ct.gov/SDE/Nutrition/Program-Guidance-School-Nutrition-Programs>

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CSDE Resource

Resources for the School Meal Patterns for Grades K-12



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/Resources_School_Meal_Patterns_grades_K-12.pdf

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Questions?

Contact the school nutrition programs staff



<https://portal.ct.gov/-/media/SDE/Nutrition/CNstaff/countyassign.pdf>

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Thank you for participating in module 3!



<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

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2. fax: (833) 256-1665 or (202) 690-7442; or
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