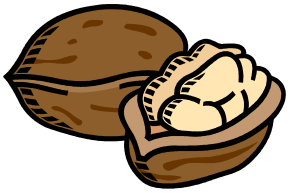
In a "Nutshell"

Nutrition Standards & Meal Pattern Requirements
For the National School Lunch Program (NSLP)
School Year 2015-2016



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

Dietary Specifications:

Weekly Calorie Ranges:

K-5:	550 - 650 kcal
K-8:	600 - 650 kcal
6-8:	600 - 700 kcal
9-12:	750 - 850 kcal

Weekly Sodium Limit: Target 1 effective **July 1, 2014**

K-5:	≤ 1,230 mg
K-8:	≤ 1,230 mg
6-8:	≤ 1,360 mg
9-12:	≤ 1,420 mg

- Weekly Saturated Fat Limit: < 10% of total calories.
- Trans-fat: < 0.5 grams/serving (excludes naturally-occurring trans-fat).

Components:

Meat/Meat Alternate (M/MA)

- Daily and weekly minimums must be met.*
  - Daily minimums: K-5, K-8, 6-8: **1 oz eq**, 9-12: **2 oz eq**
  - Weekly minimums: K-5: **8 oz eq**, K-8, 6-8: **9 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 gm of protein will credit as 1 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

- *Daily and weekly minimums must be met.
  - Daily minimums: K-5, K-8, 6-8: **1 oz eq**, 9-12: **2 oz eq**
  - Weekly minimums: K-5, K-8, 6-8: **8 oz eq**, 9-12: **10 oz eq**
- A minimum of 0.25 oz eq serving is needed to credit.
- The new ounce equivalency standards should be used (16 gm = 1 oz eq).
  - Reference: Updated Exhibit A (http://fns.dpi.wi.gov/files/fns/pdf/exa_fbg.pdf)
- All grains credited toward the meal pattern must be whole grain-rich as of July 1, 2014.

*Recommended Target Maximum for Grains: 9 oz 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.

Vegetables

- Vegetables and fruits have been separated into individual components.
- A minimum of 1/8 cup vegetable per serving is needed to credit.
- Uncooked leafy vegetables credit as half of the volume served (e.g. 1 cup served = ½ cup creditable vegetable).
- Minimum quantities must be met from all subgroups weekly (dark green, red/orange, beans/peas/legumes, starchy, and other).
- No more than half of weekly vegetable offerings can be in the form of juice.
- 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.

Fruits

- 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.

Milk

- A variety of low-fat (unflavored) or fat-free (flavored or unflavored) milk must be offered.

Menu Planning

- Refer to the Meal Pattern Table for Lunch at http://fns.dpi.wi.gov/files/fns/doc/ns_08_2012_u.doc.
- All offerings 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 weekly 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.

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