

National School Lunch Program (NSLP)

Five-day Lunch Meal Pattern for Grades 6-8 ¹

School Year 2015-16 (Effective July 1, 2015)

Food Components	GRADES 6-8	
	Daily	Weekly ²
Fluid Milk (cups) Low-fat (1%) unflavored or fat-free unflavored or flavored ³	1	5
Fruits (cups) ⁴ <i>Fruit juice cannot exceed half of the weekly fruits</i>	½	2 ½
Vegetables (cups) ⁵ <i>Vegetable juice cannot exceed half of the weekly vegetables</i>	¾	3 ¾
Dark Green ^{5, 6}	0	½
Red/Orange ^{5, 7}	0	¾
Beans/Peas (Legumes) ^{5, 8}	0	½
Starchy ^{5, 9}	0	½
Other ^{5, 10}	0	½
Additional vegetables to reach total ^{5, 11}	0	1
Grains (ounce equivalents) ¹² <i>All grains must be whole grain-rich</i>	1	8-10
Meats and Meat Alternates (ounce equivalents) ¹³	1	9-10

DIETARY SPECIFICATIONS (NUTRITION STANDARDS) Daily Amount Based on the Average for a Five-day Week

Calories ^{14, 15}	600-700
Saturated Fat (percentage of total calories) ¹⁵	< 10
Sodium (milligrams) ^{15, 16}	≤ 1,360
Trans Fat (grams) ¹⁵	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving

◀ See page 2 for important menu planning notes ▶

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