

## LUNCH for the SCHOOL NUTRITION PROGRAM - At A Glance

Lunch Meal Pattern: Based on a 5 Day Week (4 & 7 day weekly minimums will vary)			
	K-5	6-8	9-12
Meal Pattern:	Amount of Food Per Week (Minimum Per Day)		
Fruits (cups)	2 ½ ( ½ )	2 ½ ( ½ )	5 (1)
Vegetables (cups)	3 ¾ ( ¾ )	3 ¾ ( ¾ )	5 (1)
Dark Green	½	½	½
Red/Orange	¾	¾	1 ¼
Beans/Peas (Legumes)	½	½	½
Starchy	½	½	½
Other	½	½	¾
Additional Veg to Reach Weekly Total	1	1	1 ½
Grains (oz. equivalent)	8-9 (1)	8-10 (1)	10-12 (2)
Meat/Meat Alternate (oz. equivalent)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount			
Minimum-Maximum Calories	550-650	600-700	750-850
The average calories for the school week must be within the range (at least the minimum and no more than the maximum values).			
Sodium (SY 2017)	<935mg	<1035mg	<1080mg
Sodium (SY 2022)	<640mg	<710mg	<740mg
Saturated Fat (% of total calories)	<10	<10	<10
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

### Meal Pattern Definitions

#### Food Component

- One of 5 required food groups offered in a reimbursable lunch.
  1. Fruits
  2. Vegetables
  3. Grains
  4. Meat/Meat Alternate
  5. Fluid Milk

#### Food Item

- A specific food offered within a food component.

#### Menu Item

- Menu items are the actual foods served such as chili, fruit salad, garden salad, or dinner roll.
- May contain one or more components and count as one or more food items.

#### Offer vs. Serve

*(Required at high schools & optional at elementary & middle school levels.)*

- Offer all 5 food components in at least the minimum required serving size.
- Student must take at least 3 food components.
- ½ cup fruit &/or vegetable is required.

### Resources

Individual training and additional resources for the School Lunch Program can be found on the ODE School Nutrition training webpage.

## Fruit

Grades	Daily Minimum Requirement	Weekly Minimum Requirement
K-5	½ Cup	2 ½ Cups
6-8	½ Cup	2 ½ Cups
9-12	1 Cup	5 Cups

- Menu planners may allow students to select more than the daily minimum serving for fruit if the dietary specifications for average lunches offered over the school week are met.
- Full strength juice may be offered to meet up to one-half of the weekly fruit requirement. All juice must be 100% juice.
- The minimum quantity that may be credited towards the fruit component is ½ cup.
- Dry fruit credits as double the amount served.  
Ex. ¼ cup dried fruit = ½ cup fruit.

## Grains

Grades	Daily Minimum Requirement	Weekly Minimum Requirement
K-5	1 oz. equivalent	8 oz. equivalents
6-8	1 oz. equivalent	8 oz. equivalents
9-12	2 oz. equivalents	10 oz. equivalents

- Sponsors must offer more than the minimum daily amount to meet the weekly requirement.
- The *minimum* quantity that can be credited towards the grains component is one-quarter of an ounce equivalent (0.25 oz. eq.).
- Up to 2 oz. eq. of grain-based desserts may be credited towards the grains component per week.
- All grains must be whole grain-rich.

## Vegetables

Grades	Daily Minimum Requirement	Weekly Minimum Requirement
K-5	¾ Cup	3 ¾ Cups
6-8	¾ Cup	3 ¾ Cups
9-12	1 Cup	5 Cups

- Menu planners may allow students to select more than the daily minimum serving for vegetables if the dietary specifications for average lunches offered over the school week are met.
- Full strength juice may be offered to meet up to one-half of the weekly vegetable requirement. All juice must be 100% juice.
- The minimum quantity that may be credited towards the vegetable component is ⅓ cup.
- Leafy vegetables credit as one half the amount served. Ex. ½ cup lettuce = ¼ cup vegetable.
- Beans/peas (legumes) may be credited as either m/ma or vegetable. It is up to the menu planner to determine each day how beans/peas are credited.

The vegetable component consists of a variety of subgroups that must be offered over the week. Sponsors must ensure that all students have the opportunity to select each of the vegetable subgroups over the week.

Vegetable Subgroups	K-5	6-8	9-12
Dark Green	½ Cup	½ Cup	½ Cup
Red/Orange	¾ Cup	¾ Cup	1 ¼ Cups
Beans/Peas (Legumes)	½ Cup	½ Cup	½ Cup
Starchy	½ Cup	½ Cup	½ Cup
Other	½ Cup	½ Cup	¾ Cup

Additional Vegetables that need to be offered to reach the weekly total:

Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.	K-5	6-8	9-12
	1 Cup	1 Cup	1 ½ Cups

## Meat/Meat Alternate

Grades	Daily Minimum Requirement	Weekly Minimum Requirement
K-5	1 oz. equivalent	8 oz. equivalents
6-8	1 oz. equivalent	9 oz. equivalents
9-12	2 oz. equivalents	10 oz. equivalents

- Sponsors serving Grades K-5 and 6-8 must offer more than the minimum daily amount to meet the weekly minimum requirement.
- The minimum quantity that may be credited towards the m/ma component is 0.25 ounce equivalent.
- Beans/peas (legumes) may be credited as either m/ma or a vegetable. It is up to the menu planner to determine each day how beans/peas are credited. (1/4 cup = 1 m/ma)
- Schools without daily choices in this component should not serve any one meat alternate or form of meat (for example, ground, diced, pieces) more than three times in the same week.

## Fluid Milk

Grades	Daily Minimum Requirement	Weekly Minimum Requirement
K-5	1 Cup	5 Cups
6-8	1 Cup	5 Cups
9-12	1 Cup	5 Cups

- Offer only fat-free (unflavored or flavored) or low-fat (1 percent fat or less, unflavored) milk
- Offer 1 cup to all age-grade groups
- Variety of milk – at least 2 types of milk must be offered

## THE BASICS: Lunch Offer Versus Serve

All 5 Food Components must be planned and offered to students in at least the minimum daily requirements.

- Students, at any grade level, must select:
  - At least 3 of 5 food components
- AND**
- One of the choices selected must be at least a ½ cup serving of the fruit or vegetable component or a ½ cup total serving of both fruit and vegetable.
- Other than selecting the required minimum fruit or vegetable serving, students may decline food items.
- OVS does not affect the meal's unit price established by the Sponsor. Students who take 3, 4, or 5 food components for lunch pay the same price.
- Students, servers and cashiers must be able to identify what constitutes a reimbursable meal. NSLP regulation requires that schools identify, near or at the beginning of serving lines, what foods constitute unit priced reimbursable meals.
- Signage explaining what constitutes a reimbursable meal to students including the requirement to select at least 1/2 cup fruit or vegetables is required.