

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://dpi.wi.gov/sites/default/files/imce/school-nutrition/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 = 1/2 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.