

## 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
Meat/Meat Alternate (oz. equivalent)	8-10 (1)	9-10 (1)	10-12 (2)
Grains (oz. equivalent)	8-9 (1)	8-10 (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 2014-16)	≤1230mg	≤1360mg	≤1420mg
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 for 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 secondary schools & optional at elementary & middle school levels.)*

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

#### Whole Grain Rich

- All grains offered at lunch must be whole grain-rich.

### Resources

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

[www.ode.state.or.us/go/snptraining](http://www.ode.state.or.us/go/snptraining)

## 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

- 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 ⅛ of a cup.
- 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.
- 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

- 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 ⅛ of a cup.
- 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.
- 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)

## 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 (unflavored) milk
- Offer 1 cup to all age-grade groups
- Variety of milk – at least 2 types of milk must be offered

## OFFER VS. SERVE FOR THE NATIONAL SCHOOL LUNCH PROGRAM

### THE BASICS

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.

## IDENTIFYING OFFER VS. SERVE REIBURSABLE SCHOOL LUNCHES

Foods Offered: Chili – 2 oz. M/MA & ¼ cup R/O Vegetable  
 Cornbread – 2 oz. Grain  
 Salad Bar with Fruits and Vegetables  
 Milk – 1% White and Nonfat Choc. and White

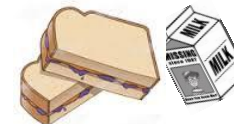
Student Selects: 1 cup lettuce  
 ½ cup tomatoes  
 ½ cup carrots  
 Cornbread



This would not be a complete reimbursable meal. The student only selected 2 food components (vegetables and grain). If the student had also selected at least ½ cup of fruit from the salad bar they would have 3 components and a reimbursable meal.

9-12 Foods Offered: PBJ – 2 oz. eq. grain & 1.25 oz. eq. M/MA +  
 Cheese Stick - .75 oz. M/MA  
 Apple – 1 cup  
 Baby Carrots – 1 cup  
 Milk – 1% White and Nonfat Choc.

Student Selects: PBJ Sandwich  
 Choc. Milk



This would not be a complete reimbursable meal. The student must select the required daily minimum for her/his grade group of each component. The daily minimum M/MA required for grades 9-12 is 2 oz. eq. of M/MA. The student would have to select both the PBJ and Cheese Stick for the complete M/MA component. Additionally no fruit or vegetable was selected as required.

Foods Offered: Turkey Sandwich – 2 oz. eq. M/MA & 2 oz. eq. Grain  
 Corn, Green Beans, Potato Wedges – ½ cup each  
 Orange Slices, Fruit Cocktail, Banana – ½ cup each  
 Milk – 1% White & Nonfat Choc./White

Student Selects: Turkey Sandwich  
 Orange Slices



This would be a complete reimbursable meal. The student selected 3 food components; M/MA, Grain and a ½ cup serving of Fruit.

9-12 Foods Offered: Spaghetti with Meat Sauce – 2 oz. eq. M/MA, 1.75 oz. eq. of Grain & ¼ cup R/O Vegetable  
 Wheat Roll - .75 oz. eq. Grain  
 Oatmeal Raisin Cookie – 1 oz. eq. Grain  
 Garden Salad – 1 ½ cup serving= ¾ cup  
 Milk – 1% White and Nonfat Choc./White

Student Selects: Spaghetti  
 Cookie  
 Milk



This would not be a complete reimbursable meal. While the student selected a complete serving of M/MA & Grain (Up to 2 oz. eq. of grain-based desserts may be credited towards the grains component per week.), they did not select the required ½ cup of fruits or vegetables.