

# Meat/Meat Alternate Component

1

Grades K-5	Grades 6-8	Grades 9-12
<b>1 ounce daily 8-10 ounces weekly</b>	<b>1 ounce daily 9-10 ounces weekly</b>	<b>2 ounces daily 10-12 ounces weekly</b>

One ounce cooked, skinless, unbreaded portion of beef, fish, poultry, equals one ounce of the Meat/Meat Alternate requirement.

Four ounces (weight) or ½ cup (volume) of soy or dairy yogurt equals one ounce of the Meat/Meat Alternate requirement.

Two tablespoons of nut butter, almond butter, cashew nut butter, peanut butter, reduced fat peanut butter, sesame seed butter, soy nut butter, or sunflower seed butter equals one ounce of the Meat/Meat Alternate requirement.

Nuts or seeds such as sunflower seeds, almonds, and hazelnuts may be used to meet no more than one-half of the Meat/Meat Alternate component with another Meat/Meat Alternate to meet the full requirement.

Commercially prepared tofu must be 2.2 ounces (¼ cup) by weight with 5 or more grams of protein to equal one ounce of the Meat/Meat Alternate requirement.

Other meat alternates, such as cheese and eggs, may be used to meet all or part of the Meat/Meat Alternates component in accordance with FNS guidance



# Fruit Component

2

Grades K-5	Grades 6-8	Grades 9-12
$\frac{1}{2}$ cup daily 2 $\frac{1}{2}$ cups weekly	$\frac{1}{2}$ cup daily 2 $\frac{1}{2}$ cups weekly	1 cup daily 5 cups weekly

Pasteurized, 100% full-strength fruit juice may also be offered. No more than half of the weekly fruit offering may be in the form of juice.

Minimum creditable serving of fruit is  $\frac{1}{8}$  cup.

One quarter-cup of dried fruit counts as  $\frac{1}{2}$  cup of fruit.

Reimbursable meals may no longer include snack-type fruit products that have been previously credited by calculating the whole-fruit equivalency of the processed fruit in the product using the FDA's standards of identity for canned fruit nectars (21 CFR 146.113). Examples include fruit drops, leathers, and strips.

For **SY 2012-13 only**, frozen fruit with added sugar is allowable in the NSLP.



# Vegetable Component

3

	K-5	6-8	9-12
Daily	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup	1 cup
Weekly	3 $\frac{3}{4}$ cups	3 $\frac{3}{4}$ cups	5 cups
Vegetable Subgroups	Weekly Requirements		
Dark Green	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Red/Orange	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup	1 $\frac{1}{4}$ cups
Bean, Peas (Legumes)	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Starchy	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Other	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Additional Vegetables to Reach Total	1 cup	1 cup	1 $\frac{1}{2}$ cup

Larger amounts of dark green, red/orange, beans/peas (legumes), starchy and other vegetables may be served.

Raw, dark leafy greens are credited as half the volume served (1 cup raw equals  $\frac{1}{2}$  cup serving of dark green vegetables)

“Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups

Any vegetable subgroup may be offered to meet the total weekly vegetable requirement (additional vegetables).



# Fluid Milk Component

4

<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
<b>1 cup daily 5 cups weekly</b>	<b>1 cup daily 5 cups weekly</b>	<b>1 cup daily 5 cups weekly</b>

Fluid milk must be low-fat (1% milk fat or less, unflavored) or fat-free/skim (unflavored or flavored).

Lactose-free milk (not soy) is an acceptable alternative. It must be low-fat (1 % milk fat or less, unflavored) or fat-free/skim (unflavored or flavored).



# Grains Component

5

Grades K-5	Grades 6-8	Grades 9-12
1 per day (min.) 8-9 oz eq. weekly	1 per day (min.) 8-10 oz eq. weekly	2 per day (min.) 10-12 oz eq. weekly

At least half of the grains offered at lunch must be whole-grain rich in School Year 2012-2013.

During SY 2012-13 and SY 2013-14 only, refined-grain foods that are enriched may be included on the lunch menu.

The new meal pattern provides a minimum and maximum number of oz eq. to meet the weekly grains requirement by age group.

Serving sizes are defined in the USDA Food Buying Guide.

