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| **Breakfast – SBP/SSO 5 Day Week** | **Grades K-5** | **Grades 6-8** | **Grades K-12** | **Grades 9-12** |
| **Total Portions Per Week (Minimum Portions per Day)** |
| **Fruits (cups)** | **5 (1) Cups** | **5 (1) Cups** | **5 (1) Cups** | **5 (1) Cups** |
| **Vegetables (cups)**  **(Can substitute for fruit)** | **0 cups**  | **0 cups** | **0 cups**  | **0 cups** |
| **Grains (oz equivalents)** *All grains must be Whole Grain Rich* | **7 (1) oz eq** | **8 (1) oz eq** | **9 (1) oz eq** | **9 (1) oz eq** |
|  Daily Grains Needed to Reach Weekly Requirement | 2 – 2 oz eq days &3 – 1 oz eq days | 3 – 2 oz eq days &2 – 1 oz eq days | 4 – 2 oz eq days &1 – 1 oz eq day | 4 – 2 oz eq days &1 – 1 oz eq day |
| **Meat/Meat Alternates** | **0 oz eq** | **0 oz eq** | **0 oz eq** | **0 oz eq** |
| **Fluid Milk (cups)***Milk must be 1% White or Skim White or Flavored* | **5 (1) cups** | **5 (1) cups** | **5 (1) cups** | **5 (1) cups** |
| **Other Specifications: Daily Amount Based on the Average for a 5-Day Week***All Food items served in the meal must be used to calculate the following specifications.* |
| Calories: Minimum-Maximum | 350-500 | 400-500 | 450-500 | 450-600 |
| Saturated Fat (% of calories) | <10% |
| Sodium (mg-milligrams) | <485 mg | <540 mg | <485 mg | <570 mg |
| Trans Fat (in processed foods) | Nutrition label or manufacturer specification must show zero grams per serving. |

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| **Lunch – NSLP/SSO** **5 Day Week** | **Grades K-5** | **Grades 6-8** | **Grades K-8** | **Grades 9-12** |
| **Total Portions Per Week (Minimum Portions per Day)** |
| **Fruits (cups)** | **2 1/2 (1/2) cups** | **2 1/2 (1/2) cups** | **2 1/2 (1/2) cups** | **5 (1) cups** |
| **Vegetables (cups)** | **3 ¾ (3/4) cups** | **3 ¾ (3/4) cups** | **3 ¾ (3/4) cups** | **5 (1) cups** |
|  **Dark Green**  | **½ cups** | **½ cups** | **½ cups** | **½ cups** |
|  **Red/Orange**  | **¾ cups** | **¾ cups** | **¾ cups** | **1 ¼ cups** |
|  **Beans/Peas** | **½ cups** | **½ cups** | **½ cups** | **½ cups** |
|  **Starchy** | **½ cups** | **½ cups** | **½ cups** | **½ cups** |
|  **Other** | **½ cups** | **½ cups** | **½ cups** | **¾ cups** |
|  **Additional Veg/Week** | **1 cup** | **1 cup** | **1 cup** | **1 ½ cups** |
| **Grains (oz equivalents)***All items must be Whole Grain Rich* | **8 (1) oz eq** | **8 (1) oz eq** | **8 (1) oz eq** | **10 (2) oz eq** |
|  Daily Grains Needed to Reach Weekly Requirement | 3 – 2 oz eq days &2 – 1 oz eq days | 3 – 2 oz eq days &2 – 1 oz eq days | 3 – 2 oz eq days &2 – 1 oz eq days |  |
| **Meat/Meat Alternates (oz eq)** | **8 (1) oz eq** | **9 (1) oz eq** | **9 (1) oz eq** | **10 (2) oz eq** |
|  Daily Meats Needed to Reach Weekly Requirement | 3 – 2 oz eq days and2 – 1 oz eq day | 4 – 2 oz eq days and1 – 1 oz eq day | 4 – 2 oz eq days and1 – 1 oz eq day |  |
| **Fluid Milk (cups)***Milk must be 1% White or Skim White or Flavored* | **5 (1) cups** | **5 (1) cups** | **5 (1) cups** | **5 (1) cups** |
| **Other Specifications: Daily Amount Based on the Average for a 5-Day Week***All Food items served in the meal must be used to calculate the following specifications.* |
| Calories: Minimum-Maximum | 550-650 | 600-700 | 600-650 | 750-850 |
| Saturated Fat (% of Calories) | <10% |
| Sodium (mg-milligrams) | <935 mg | <1035 mg | <935 mg | <1080 mg |
| Trans Fat (in processed foods) |  Nutrition label or manufacturer specification must show zero grams per serving. |
| **Afterschool Snack-NSLP** | **Grades K-12** |  |
| **Minimum Portions per Day** | Juice may not be served at the same time as milk.Water could be offered as a non-creditable meal component along with two other creditable components such as a meat and a grain or vegetable and a grain. |
| **Serve 2 different items from 2 different components** |
| **Fruits or Vegetable (cups)****Or 100% juice.** | **¾ cup** |
| **Grains (oz equivalents)** | **1 oz eq** |
| **Meat/Meat Alternates (oz eq)** | **1 ounce** |
| **Fluid Milk (cups)** *Milk must be 1% White or Skim White or Flavored* | **1 cup** |

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| **Summer Food Service Program - SFSP** | **Breakfast** | **Lunch or Supper** | **Snack** |
| *Only 2 meals a day may be claimed at most sites.*  |
| ***Serve all Three*** | ***Serve all Four*** | ***Serve Two of the Four*** |
| **Fluid Milk***Milk may be whole, low-fat or fat-free; flavored or unflavored.* | Required | Required |  |
| **1 cup (8 fluid ounces)** | **1 cup (8 fluid ounces)** | **1 cup (8 fluid ounces)** |
| **Fruits and/or Vegetables** | Required | Required |  |
| ½ cup(can be 100% juice) | ¾ cup from 2 different items, juice can be served but cannot meet more than ½ of the requirement. | ¾ cup(can be 100% juice) |
| **Grains/Breads** | Required | Required |  |
| 1 oz equivalent/serving | 1 oz equivalent/serving | 1 oz equivalent/serving |
| **Meat/Meat Alternates** | Optional | Required |  |
| 1 ounce | 2 ounces | 1 ounce |

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| **Exhibit A: Whole Grain Rich Ounce Equivalency (Oz Eq) for School Meal Programs** |
| **Group** | **Minimum Serving Size** |  | **Group** | **Minimum Serving Size** |
| **A –** Breading, Hard breadsticks & pretzels, Chow mein noodles, Saltines & savory crackers, Croutons | 1 oz eq = 22 gm or .8 oz¾ oz eq = 17 gm or .6 oz½ oz eq = 11 gm or .4 oz¼ oz eq = 6 gm or .2 oz |  | **E –** Granola/cereal bars, Cookies w/nuts, chocolate chips, Frosted donuts, French toast, Frosted sweet rolls/ toaster pastry | 1 oz eq = 69 gm or 2.4 oz¾ oz eq = 52 gm or .6 oz½ oz eq = 35 gm or .4 oz¼ oz eq = 18 gm or .2 oz |
| **B –** Bagels, Biscuits, Breads & buns, Sweet crackers, English muffin, Pita, Pizza crust, Soft pretzel, Tortillas & tortilla chips, Taco shells | 1 oz eq = 28 gm or 1.0 oz¾ oz eq = 21 gm or .75 oz½ oz eq = 14 gm or .5 oz¼ oz eq = 7 gm or .25 oz |  | **F –** Unfrosted cake, Coffee Cake | 1 oz eq = 82 gm or 2.9 oz¾ oz eq = 62 gm or 2.2 oz½ oz eq = 41 gm or 1.5 oz¼ oz eq = 21 gm or .7 oz |
| **C –** Plain cookies, Corn muffins, Croissants, Pancakes, Waffles | 1 oz eq = 34 gm or 1.2 oz¾ oz eq = 26 gm or .9 oz½ oz eq = 17 gm or .6 oz¼ oz eq = 9 gm or .3 oz |  | **G –** Brownies - plain, Frosted Cake | 1 oz eq = 125 gm or 4.4 oz¾ oz eq = 94 gm or 3.3 oz½ oz eq = 63 gm or 2.2 oz¼ oz eq = 32 gm or 1.1 oz |
| **D –** Unfrosted donuts, Plain granola/cereal bars (no nuts, dried fruit), Muffins (except corn), Unfrosted sweet rolls/toaster pastry | 1 oz eq = 55 gm or 2.0 oz¾ oz eq = 42 gm or 1.5 oz½ oz eq = 28 gm or 1 oz¼ oz eq = 14 gm or .5 oz |  | **H –** Cereal grains, cooked breakfast cereal, macaroni/noodles/pasta-all shapes, rice | 1 oz eq = ½ c cooked or  1 oz dry |
|  | **I –** Ready to Eat Cereals (cold/dry) | 1 oz eq = 1 c or 1 oz  flakes/rounds1 oz eq = 1 ¼ c or 1 oz puffs1 oz eq = ¼ c or 1 oz granola |