NATIONAL SCHOOL LUNCH PROGRAM 2014-2015 SCHOOL YEAR

Lunch Meal Pattern	*Amount of Food per Week (Minimum per Day)*			
Menu Component	**Grades K-5**	**Grades 6-8**	**Grades 9-12**	**Grades K-8**
Fruit (Cups)	2 ½ (½)	2 ½ (½)	5 (1)	2 ½ (½)
Vegetables (Cups)	3 ¾ (¾)	3 ¾ (¾)	5 (1)	3 ¾ (¾)
Dark Green	½	½	½	½
Red/Orange	¾	¾	1 ¼	¾
Beans/Peas (Legumes)	½	½	½	½
Starchy	½	½	½	½
Other Vegetable	½	½	¾	½
Additional Vegetables To Reach Total	1	1	1 ½	1
*Grains (Oz. Eq)**	8 (1)	8 (1)	10 (2)	8 (1)
Meat/Meat Alternate (Oz.)	8 (1)	9 (1)	10 (2)	9 (1)
*Fluid Milk (Cups)***	5 (1)	5 (1)	5 (1)	5 (1)
OTHER SPECIFICATIONS: DAILY AMOUNT BASED ON THE AVERAGE FOR A 5-DAY WEEK				
Min-Max Calories	550-650	600-700	750-850	600-650
Saturated Fat (% of Total Calories)	<10%			
Sodium (mg; 2015 Targets)	≤1230	≤1360	≤1420	≤1230
Trans Fat	Nutrition Label Or Manufacturer Specifications Must Indicate Zero Grams Of Trans Fat Per Serving			

***Note – All Grains Must Be Whole Grain Rich**

****Fluid Milk Must Be Offered In A Variety of Low-Fat (1%, Unflavored) and/or Fat-Free (Flavored or Unflavored)**

USDA is an equal opportunity provider and employer.

Ohio | Department of Education

43

The Vegetable Subgroups

Any vegetable or 100% vegetable juice counts as a component of the Vegetable Group. Vegetables may be raw or cooked, fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Vegetables are organized into 5 subgroups, based on their nutrient content.

Goal – Make half your plate fruits and vegetables.

Dark Green	Red and Orange	Beans and Peas	Starchy	Other
Bok choy Broccoli Collard greens Dark green leafy lettuce such as Romaine Kale Mesclun Mustard greens Romaine lettuce Spinach Turnip greens Watercress	Acorn squash Butternut squash Carrots Hubbard squash Pumpkin Red peppers Sweet potatoes Tomatoes Tomato Juice	Black beans Black-eyed peas (mature, dry) Garbanzo beans (chickpeas) Kidney beans Lentils Navy beans Pinto beans Soy beans Split peas White beans	Cassava Corn Fresh cowpeas, field peas, or black-eyed peas (not dry) Edamame Beans Green bananas Green peas Green lima beans Plantains Potatoes Taro Water chestnuts	Artichokes Asparagus Avocado Bean sprouts Beets Brussels sprouts Cabbage Cauliflower Celery Cucumbers Eggplant Green beans Green peppers Iceberg (head) lettuce Jicama Mushrooms Okra Onions Parsnips Turnips Wax beans Yellow Squash, crookneck Zucchini

USDA is an equal opportunity employer and provider

SCHOOL BREAKFAST PROGRAM 2014-2015

	Amount of Food per Week (Minimum per Day)			
Breakfast Meal Pattern	**Grades K-5**	**Grades 6-8**	**Grades 9-12**	**Grades K-12**
Fruit (Cups)[1]	5 (1)	5 (1)	5 (1)	5 (1)
Vegetables (Cups)	0	0	0	0
Grains (Oz. Eq.)[2]*	7 (1)	8 (1)	9 (1)	9 (1)
Meat/Meat Alternate[3]	0	0	0	0
*Fluid Milk (Cups) **	5 (1)	5 (1)	5 (1)	5 (1)
OTHER SPECIFICATIONS: DAILY AMOUNT BASED ON THE AVERAGE FOR A 5-DAY WEEK				
Min-Max Calories	350-500	400-550	450-600	450-500
Saturated Fat (% of Total Calories)[4]	<10%	<10%	<10%	<10%
Sodium (mg; 2015 Targets)	≤540	≤600	≤640	≤540
Trans Fat[5]	Nutrition Label or Manufacturer Specifications Must Indicate Zero Grams of Fat Per Serving			

***All Grains Must Be Whole Grain Rich**

****Fluid Milk Must Be Offered In A Variety of Low-Fat (1%, Unflavored) and/or Fat-Free (Flavored or Unflavored)**

[1] One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. All juice must be 100% full-strength. Vegetables from the Dark Green, Red/Orange, Beans/Peas/Legumes or Other subgroup may be offered in place of fruit. Starchy vegetables may be offered after 2 cups of vegetables referenced above are met.

[2] All grains must be whole grain-rich in both the NSLP and the SBP.

[3] There is no separate meat/meat alternate component in the SBP. Schools may substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. of grains after the minimum daily grains requirement is met.

[4] In the SBP, calories and trans fat specifications took effect beginning July 1, 2013 (SY 2013-2014).

[5] In the SBP, calories and trans fat specifications took effect beginning July 1, 2013 (SY 2013-2014).

USDA is an equal opportunity provider and employer.

Section 4 – Milk

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
MILK, FLUID					
Milk, fluid	Gallon	16.00	1/2 pint milk (1 cup milk)	6.3	
Skim or Nonfat milk (unflavored/flavored), Low-fat milk (unflavored), Low-fat lactose-free milk (unflavored), Low-fat reduced-lactose milk (unflavored), Fat-free lactose-free (unflavored/flavored), Fat-free reduced-lactose milk (unflavored/flavored)	Gallon	21.30	3/4 cup milk	4.7	
	Gallon	32.00	1/2 cup milk	3.2	
	Quart	4.00	1/2 pint milk (1 cup milk)	25.0	
	Quart	5.30	3/4 cup milk	18.9	
	Quart	8.00	1/2 cup milk	12.5	
	1/2 pint (8 fl oz)	1.00	1/2 pint milk	100.0	
	3/4 cup (6 fl oz)	1.00	3/4 cup milk	100.0	
	1/2 cup (4 fl oz)	1.00	1/2 cup milk	100.0	

ACTION STEPS - Beverage Restrictions

Grades	Time period	Beverages allowed			
Schools composed primarily of grades 9-12	Before January 1, 2014	Water	16 ounces or less of low-fat or fat-free milk, including flavored milk, that contains no more than 170 calories per 8 ounces	12 ounces or less of 100% fruit juice, or a 100% fruit juice and water blend with no added sweeteners, that contains no more than 160 calories per 8 ounces	12 ounces or less of any beverage that contains no more than 66 calories per 8 ounces, or any size of a beverage that contains no more than 10 calories per 8 ounces. The latter may include caffeinated beverages and beverages with added sweeteners, carbonation, or artificial flavoring.
	Starting January 1, 2014	Water	Same as above, except that the milk may contain no more than 150 calories per 8 ounces	Same as above	Same as above