

National School Lunch Program (NSLP)

FIVE-DAY LUNCH MEAL PATTERN FOR PRESCHOOL AND GRADES K-5 ¹

For schools with grade configurations where preschoolers (ages 3-4) and elementary students (grades K-5) eat together during the same lunch period.

School Year 2016-17 (Effective July 1, 2016)

Food Components	GRADES PREK-5	
	Daily	Weekly
Fluid Milk (cups) ³ <i>Low-fat (1%) unflavored or fat-free unflavored or flavored</i>	1	5
Fruits (cups) ⁴ <i>Fruit juice cannot exceed half of the weekly fruits</i>	½	2 ½
Vegetables (cups) ⁵ <i>Vegetable juice cannot exceed half of the weekly vegetables</i>	¾	3 ¾
Dark Green ^{5, 6}	0	½
Red/Orange ^{5, 7}	0	¾
Beans/Peas (Legumes) ^{5, 8}	0	½
Starchy ^{5, 9}	0	½
Other ^{5, 10}	0	½
Additional vegetables to reach total ^{5, 11}	0	1
Grains (ounce equivalents) ¹² <i>All grains must be whole grain-rich</i>	1	8-9
Meats and Meat Alternates (ounce equivalents) ¹³	1 ½	8-10
DIETARY SPECIFICATIONS (NUTRITION STANDARDS) <i>Daily amount based on the average for a five-day week</i>		
Calories ^{14, 15}	550-650	
Saturated Fat (percentage of total calories) ¹⁵	< 10	
Sodium (milligrams) ^{15, 16}	≤ 1,230	
Trans Fat (grams) ¹⁵	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving	

◀ See page 2 for important menu planning notes ▶

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut State Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Connecticut State Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Act Coordinator, Connecticut State Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2071, Levy.Gillespie@ct.gov.

FIVE-DAY LUNCH MEAL PATTERN FOR PRESCHOOL AND GRADES K-5 ¹

School Year 2016-17 (Effective July 1, 2016)

- ¹ The meal pattern shows the required amounts of each component that must be made available to each child to claim reimbursement for the meal. Meals may include larger amounts of any component if the weekly menu meets the dietary specifications for calories, saturated fat, trans fat, and sodium. Use the U.S. Department of Agriculture's (USDA) [Food Buying Guide for School Meal Programs](#) to determine the amount of purchased food that meets the requirements. For information on crediting processed foods, see [Child Nutrition \(CN\) Labels and Product Formulation Statements](#).
- ² A week equals five days. Schools that regularly operate for six or seven days must increase the weekly requirements by 20 percent for each additional day. Schools that regularly operate for less than five days must decrease the weekly requirements by 20 percent for each day less than five days. For more information, see [Menu Planning for Shorter and Longer Weeks](#).
- ³ Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) milk or fat-free milk (unflavored or flavored). Whole milk, reduced-fat (2%) milk, and flavored low-fat milk cannot be served.
- ⁴ Fruits include fresh, frozen, canned in light syrup, water or juice, and dried. Fruits credit based on volume except dried fruit credits as twice the volume served, e.g., ¼ cup of dried fruit credits as ½ cup of fruit. Fruit juice must be pasteurized 100 percent full-strength juice and cannot exceed half of the weekly fruits (see [Crediting Juice](#)). Serving whole fruits instead of juice is recommended.
- ⁵ Vegetables credit based on volume except raw leafy greens credit as half the volume served (e.g., 1 cup equals ½ cup of vegetables), and tomato paste and puree credit based on the volume as if reconstituted (see the [Food Buying Guide](#)). Vegetable juice must be pasteurized 100 percent full-strength juice and cannot exceed half of the weekly vegetables (see [Vegetable Subgroups](#)).
- ⁶ The dark green subgroup includes vegetables such as bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, and watercress.
- ⁷ The red/orange subgroup includes vegetables such as acorn squash, butternut squash, carrots, pumpkin, tomatoes, tomato juice, and sweet potatoes.
- ⁸ The beans and peas (legumes) subgroup includes vegetables such as black beans, black-eyed peas (mature, dry), garbanzo beans (chickpeas), kidney beans, lentils, navy beans, soy beans, split peas, and white beans. It does not include green peas, green lima beans, and green (string) beans.
- ⁹ The starchy subgroup includes vegetables such as black-eyed peas (not dry), corn, cassava, green bananas, green peas, green lima beans, parsnips, plantains, taro, water chestnuts, and white potatoes.
- ¹⁰ The "other" vegetables subgroup includes all other vegetables such as artichokes, asparagus, avocado, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, iceberg lettuce, mushrooms, okra, onions, turnips, wax beans, and zucchini. The "other" vegetables requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) subgroups but not the starchy subgroup.
- ¹¹ Any vegetable subgroup may be offered as additional vegetables to meet the total weekly vegetable requirements.
- ¹² All grains must be whole grain-rich, i.e., the product contains at least 50 percent whole grains, any remaining grains are enriched, and any noncreditable grains are less than 2 percent (¼ ounce equivalent) of the product formula (see [Criteria for Whole Grain-rich Foods](#)). All grains must meet the serving sizes specified in [Whole Grain-rich Ounce Equivalents for School Nutrition Programs](#). Up to 2 ounce equivalents per week may be a grain-based dessert if menus meet the dietary specifications for calories, saturated fat, trans fat, and sodium. Menus are not required to comply with the maximums for grains, but must meet the minimums and stay within the weekly calorie range. The weekly maximum provides a guide for planning age-appropriate meals that meet the dietary specifications for calories, saturated fat, and sodium.
- ¹³ The serving size refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone. A 1-ounce equivalent serving equals 1 ounce of lean meat, poultry, or fish, 1 ounce of cheese (low-fat recommended), 2 ounces of cottage or ricotta cheese (low-fat recommended), ¼ cup of cooked beans and peas (legumes), ½ large egg, 2 tablespoons of nut butters, 1 ounce of nuts or seeds, ¼ cup (2.2 ounces) of commercial tofu (containing at least 5 grams of protein), ½ cup of yogurt or soy yogurt, and 1 ounce of alternate protein products (APP). APP must meet the USDA requirements specified in appendix A to Part 210 of the [NSLP regulations](#). Meat and meat alternates must be served in a main dish, or a main dish and only one other food item. Allowable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios, and soynuts. Nuts and seeds cannot credit for more than 50 percent of the meat/meat alternates requirement. They must be combined with another meat/meat alternate to meet the minimum daily serving. Menus are not required to comply with the maximum for meat/meat alternates, but must meet the minimum and stay within the weekly calorie range. The weekly maximum provides a guide for planning age-appropriate meals that meet the dietary specifications for calories, saturated fat, and sodium.
- ¹⁴ The average daily amount of calories for a five-day school week must be at least the minimum value but no more than the maximum value.
- ¹⁵ Discretionary sources of calories (solid fats and added sugars) may be added if meals meet the dietary specifications for calories, saturated fat, trans fat, and sodium.
- ¹⁶ This intermediate sodium limit (first target) applies through June 30, 2017. The second sodium target of ≤935 milligrams must be reached by July 1, 2017. The final sodium target of ≤640 milligrams must be reached by July 1, 2022.



For more information, see the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals](#), and the CSDE's [Meal Patterns](#) Web page and [Crediting Foods](#) Web page, or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.