

3-Day SBP Meal Pattern At-Risk Afterschool Meals

Following the Same Meal Pattern as the School Breakfast Program for Breakfast

Serve Only	Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> Minimum 3 items daily Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain Students must have all items on tray at POS 	<ul style="list-style-type: none"> Minimum 4 items daily Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate) Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable 				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
Fluid milk Must offer two varieties in fat content and/or flavor. Unflavored milk <i>must</i> be offered.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Fruit/Juice/Vegetable Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to credit starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
Whole Grain-Rich Grains Daily and weekly minimums must be met. Not required to meet weekly maximum. Flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich.	1 oz eq (daily) 4-6 oz eq (weekly)	1 oz eq (daily) 5-6 oz eq (weekly)	1 oz eq (daily) 5-6 oz eq (weekly)	1 oz eq (daily) 5.5-6 oz eq (weekly)	1 oz eq (daily) 5.5-6 oz eq (weekly)
Optional					
Meat/Meat Alternate No daily or weekly requirement. Item counts toward weekly grain requirement when at least 1 oz eq grain is served.	0	0	0	0	0
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average	≤540	≤600	≤540	≤640	≤540
Saturated Fat (% of total calories) Weekly Average	≤10				
Trans Fat Daily	0g/serving				

4-Day SBP Meal Pattern At-Risk Afterschool Meals

Following the Same Meal Pattern as the School Breakfast Program for Breakfast

Serve Only	Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> Minimum 3 items daily Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain Students must have all items on tray at POS 	<ul style="list-style-type: none"> Minimum 4 items daily Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate) Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable 				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
<p>Fluid milk Must offer two varieties in fat content and/or flavor. Unflavored milk <i>must</i> be offered.</p>	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p>Fruit/Juice/Vegetable Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to credit starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.</p>	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p>Whole Grain-Rich Grains Daily and weekly minimums must be met. Not required to meet weekly maximum. Flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich.</p>	1 oz eq (daily) 5.5-8 oz eq (weekly)	1 oz eq (daily) 6.5-8 oz eq (weekly)	1 oz eq (daily) 6.5-8 oz eq (weekly)	1 oz eq (daily) 7-8 oz eq (weekly)	1 oz eq (daily) 7-8 oz eq (weekly)
Optional					
<p>Meat/Meat Alternate No daily or weekly requirement. Item counts toward weekly grain requirement when at least 1 oz eq grain is served.</p>	0	0	0	0	0
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average	≤540	≤600	≤540	≤640	≤540
Saturated Fat (% of total calories) Weekly Average	≤10				
Trans Fat Daily	0g/serving				

5-Day SBP Meal Pattern At-Risk Afterschool Meals

Following the Same Meal Pattern as the School Breakfast Program for Breakfast

Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> Minimum 3 items daily Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain Students must have all items on tray at POS 		<ul style="list-style-type: none"> Minimum 4 items daily Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate) Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable 				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12	
Fluid milk Must offer two varieties in fat content and/or flavor. Unflavored milk <i>must</i> be offered.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
Fruit/Juice/Vegetable Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to credit starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
Whole Grain-Rich Grains Daily and weekly minimums must be met. Not required to meet weekly maximum. Flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich.	1 oz eq (daily) 7-10 oz eq (weekly)	1 oz eq (daily) 8-10 oz eq (weekly)	1 oz eq (daily) 8-10 oz eq (weekly)	1 oz eq (daily) 9-10 oz eq (weekly)	1 oz eq (daily) 9-10 oz eq (weekly)	
Optional						
Meat/Meat Alternate No daily or weekly requirement. Item counts toward weekly grain requirement when at least 1 oz eq grain is served.	0	0	0	0	0	
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Sodium (mg) Weekly Average	≤540	≤600	≤540	≤640	≤540	
Saturated Fat (% of total calories) Weekly Average	≤10					
Trans Fat Daily	0g/serving					

6-Day SBP Meal Pattern At-Risk Afterschool Meals

Following the Same Meal Pattern as the School Breakfast Program for Breakfast

Serve Only	Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> Minimum 3 items daily Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain Students must have all items on tray at POS 	<ul style="list-style-type: none"> Minimum 4 items daily Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate) Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable 				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12
<p>Fluid milk Must offer two varieties in fat content and/or flavor. Unflavored milk <i>must</i> be offered.</p>	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p>Fruit/Juice/Vegetable Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to credit starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.</p>	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily
<p>Whole Grain-Rich Grains Daily and weekly minimums must be met. Not required to meet weekly maximum. Flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich.</p>	1 oz eq (daily) 8.5-12 oz eq (weekly)	1 oz eq (daily) 9.5-12 oz eq (weekly)	1 oz eq (daily) 9.5-12 oz eq (weekly)	1 oz eq (daily) 11-12 oz eq (weekly)	1 oz eq (daily) 11-12 oz eq (weekly)
Optional					
<p>Meat/Meat Alternate No daily or weekly requirement. Item counts toward weekly grain requirement when at least 1 oz eq grain is served.</p>	0	0	0	0	0
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500
Sodium (mg) Weekly Average	≤540	≤600	≤540	≤640	≤540
Saturated Fat (% of total calories) Weekly Average	≤10				
Trans Fat Daily	0g/serving				

7-Day SBP Meal Pattern At-Risk Afterschool Meals

Following the Same Meal Pattern as the School Breakfast Program for Breakfast

Serve Only		Offer vs. Serve (OVS)				
<ul style="list-style-type: none"> Minimum 3 items daily Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain Students must have all items on tray at POS 		<ul style="list-style-type: none"> Minimum 4 items daily Must prepare each of 3 required items in required amounts: Milk, Fruit/Juice/Vegetable, Grain and 1 additional item (may be grain, fruit/juice/veg, or meat/meat alternate) Students must have at least 3 items on tray at POS, 1 item must be a ½ cup Fruit/Juice/Vegetable 				
Required	Grades K-5	Grades 6-8	Grades K-8	Grades 9-12	Grades K-12	
Fluid milk Must offer two varieties in fat content and/or flavor. Unflavored milk <i>must</i> be offered.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
Fruit/Juice/Vegetable Juice must be 100% full-strength. No more than half weekly offering may be juice. In order to credit starchy vegetables, must serve 2 cups of vegetables from other, dark green, red/orange and/or bean/peas subgroups in same week.	1 cup daily	1 cup daily	1 cup daily	1 cup daily	1 cup daily	
Whole Grain-Rich Grains Daily and weekly minimums must be met. Not required to meet weekly maximum. Flexibility to provide enriched grains so long as at least 50% of grains offered weekly are whole grain-rich.	1 oz eq (daily) 10-14 oz eq (weekly)	1 oz eq (daily) 11-14 oz eq (weekly)	1 oz eq (daily) 11-14 oz eq (weekly)	1 oz eq (daily) 12.5-14 oz eq (weekly)	1 oz eq (daily) 12.5-14 oz eq (weekly)	
Optional						
Meat/Meat Alternate No daily or weekly requirement. Item counts toward weekly grain requirement when at least 1 oz eq grain is served.	0	0	0	0	0	
Calories Weekly Average	350-500	400-550	400-500	450-600	450-500	
Sodium (mg) Weekly Average	≤540	≤600	≤540	≤640	≤540	
Saturated Fat (% of total calories) Weekly Average	≤10					
Trans Fat Daily	0g/serving					

3-Day NSLP Meal Pattern At-Risk Afterschool Meals

Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

Serve Only: <ul style="list-style-type: none"> Must PREPARE all 5 components in required amounts At POS: Must SERVE all 5 components in minimum required amount 			Offer versus Serve (OVS): <ul style="list-style-type: none"> Must PREPARE all 5 components in required amounts At POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable 				
Component Specifications: Daily and Weekly Amount Based on the Average for a 3-Day Week							
		Grades	K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)		1 ½ (½)			3 (1)	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS		½			1	
	OVS: minimum amount to count at POS		½			½	
Total Vegetable (cups)	Weekly (daily)		2 ¼ (¾)			3 (1)	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS		¾			1	
	OVS: minimum amount to count at POS		½			½	
Vegetable Subgroups (cups)		Minimum weekly amounts					
		Dark green	½			½	No maximum for any subgroup. Minimum creditable amount to count towards a subgroup is 1/8 cup.
		Red/Orange	½			1	
		Beans/Peas (legumes)	½			½	
		Starchy	½			½	
		Other	¼			½	
		To meet weekly requirement, vegetables from ANY subgroup	0			0	
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <small><i>*Not required to meet weekly maximum</i></small>		5-5.5* (1)	5-6* (1)	5-5.5* (1)	6-7* (2)	All grains offered must be whole grain-rich.
	Serve Only and OVS: Minimum amount to count as a component at POS		1	1	1	2	Weekly, no more than 2 oz eq grain based desserts.
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <small><i>*Not required to meet weekly maximum</i></small>		5-6* (1)	5.5-6* (1)	5.5-6* (1)	6-7* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS		1	1	1	2	
Fluid milk (cups)	Weekly (daily)		3 (1)			Offer two varieties daily (variety: fat content or flavor). Flavored milk may be only non-fat.	

3-Day NSLP Meal Pattern At-Risk Afterschool Meals

Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

Dietary Specifications: Weekly Average Requirement for a 3-Day Week					
Grades	K-5	6-8	K-8	9-12	Additional Information
Minimum - Maximum calories (kcal)	550-650	600-700	600-650	750-850	
Sodium Target 2 (mg)	≤ 935	≤ 1035	≤ 935	≤ 1080	<i>The current sodium guidelines (Target 2) were implemented in SY 2017-2018</i>
<i>Sodium Final Target implement in SY 2022-23</i>	≤ 640	≤ 710	≤ 640	≤ 740	
Saturated fat (% of calories)	< 10				
Dietary Specifications: Daily Requirement for a 3-Day Week					
Grades	K-5	6-8	K-8	9-12	
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of <u>trans</u> fat per serving				

4-Day NSLP Meal Pattern At-Risk Afterschool Meals

Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

Serve Only: <ul style="list-style-type: none"> Must PREPARE all 5 components in required amounts At POS: Must SERVE all 5 components in minimum required amount 			Offer versus Serve (OVS): <ul style="list-style-type: none"> Must PREPARE all 5 components in required amounts At POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable 				
Component Specifications: Daily and Weekly Amount Based on the Average for a 4-Day Week							
Grades		K-5	6-8	K-8	9-12	Additional Information	
Fruit (cups)	Weekly (daily)		2 (½)		4 (1)	Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.	
	Serve Only: minimum amount required at POS		½		1		
	OVS: minimum amount to count at POS		½		½		
Total Vegetable (cups)	Weekly (daily)		3 (¾)		4 (1)	Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.	
	Serve Only: minimum amount required at POS		¾		1		
	OVS: minimum amount to count at POS		½		½		
Vegetable Subgroups (cups)		Minimum weekly amounts				No maximum for any subgroup. *Must offer more than minimum weekly values in order to meet weekly total. Minimum creditable amount to count towards a subgroup is 1/8 cup.	
Dark green		½		½			
Red/Orange		¾		1 ¼			
Beans/Peas (legumes)		½		½			
Starchy		½		½			
Other		½		¾			
To meet weekly requirement, vegetables from ANY subgroup		¼		¼			
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <small>*Not required to meet weekly maximum</small>		6.5-7* (1)	6.5-8* (1)	6.5-7* (1)	8-9.5* (2)	All grains offered must be whole grain-rich. Weekly, no more than 2 oz eq grain based dessert.
	Serve Only and OVS: Minimum amount to count as a component at POS		1	1	1	2	
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <small>*Not required to meet weekly maximum</small>		6.5-8* (1)	7-8* (1)	7-8* (1)	8-9.5* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS		1	1	1	2	
Fluid milk (cups)	Weekly (daily)		4 (1)			Offer two varieties daily (variety: fat content or flavor). Flavored milk may be only non-fat.	

4-Day NSLP Meal Pattern At-Risk Afterschool Meals

Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

Dietary Specifications: Weekly Average Requirement for a 4-Day Week					
Grades	K-5	6-8	K-8	9-12	Additional Information
Minimum - Maximum calories (kcal)	550-650	600-700	600-650	750-850	
Sodium Target 2 (mg)	≤ 935	≤ 1035	≤ 935	≤ 1080	The current sodium guidelines (Target 2) were implemented in SY 2017-18
Sodium Final Target implement in SY 2022-23	≤ 640	≤ 710	≤ 640	≤ 740	
Saturated fat (% of calories)	< 10				
Dietary Specifications: Daily Requirement for a 4-Day Week					
Grades	K-5	6-8	K-8	9-12	
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of <u>trans</u> fat per serving				

5-Day NSLP Meal Pattern At-Risk Afterschool Meals

Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

Serve Only:		Offer versus Serve (OVS):					
<ul style="list-style-type: none"> Must PREPARE all 5 components in required amounts At POS: Must SERVE all 5 components in minimum required amount 		<ul style="list-style-type: none"> Must PREPARE all 5 components in required amounts At POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable 					
Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day Week							
		Grades	K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)		Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	½			1		
	OVS: minimum amount to count at POS	½			½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)			5 (1)		Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS	¾			1		
	OVS: minimum amount to count at POS	½			½		
Vegetable Subgroups (cups)		Minimum weekly amounts					
Dark green		½			½		No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange		¾			1¼		
Beans/Peas (legumes)		½			½		
Starchy		½			½		
Other		½			¾		
To meet weekly requirement, vegetables from ANY subgroup		1			1½		Minimum creditable amount to count towards a subgroup is 1/8 cup.
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)		All grains offered must be whole grain rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2		Weekly, no more than 2 oz eq grain based dessert.
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)		
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2		
Fluid milk (cups)	Weekly (daily)	5 (1)					Offer two varieties daily (variety: fat content or flavor). Flavored milk may be only non-fat.

5-Day NSLP Meal Pattern At-Risk Afterschool Meals

Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

Other Specifications: Daily Amount Based on the Average for a 5-Day Week					
Grades	K-5	6-8	K-8	9-12	Additional Information
Minimum - Maximum calories (kcal)	550-650	600-700	600-650	750-850	
<i>Sodium Target 2 (mg)</i>	≤ 935	≤ 1035	≤ 935	≤ 1080	<i>The current sodium guidelines (Target 2) were implemented in SY 2017-2018</i>
<i>Sodium Final Target implement in SY 2022-23</i>	≤ 640	≤ 710	≤ 640	≤ 740	
Saturated fat (% of calories)	< 10				
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of trans fat per serving				

6-Day NSLP Meal Pattern At-Risk Afterschool Meals

Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

Serve Only:						Offer versus Serve (OVS):	
<ul style="list-style-type: none"> Must PREPARE all 5 components in required amounts At POS: Must SERVE all 5 components in minimum required amount 						<ul style="list-style-type: none"> Must PREPARE all 5 components in required amounts At POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable 	
Component Specifications: Daily and Weekly Amount Based on the Average for a 6-Day Week							
		Grades	K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	3 (½)			6 (1)		Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	½			1		
	OVS: minimum amount to count at POS	½			½		
Total Vegetable (cups)	Weekly (daily)	4 ½ (¾)			6 (1)		Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS	¾			1		
	OVS: minimum amount to count at POS	½			½		
Vegetable Subgroups (cups)		Minimum weekly amounts					
Dark green		½			½		No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange		¾			1 ¼		
Beans/Peas (legumes)		½			½		
Starchy		½			½		
Other		½			¾		
To meet weekly requirement, vegetables from ANY subgroup		1 ¾			2 ½		Minimum creditable amount to count towards a subgroup is 1/8 cup.
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	9.5-11* (1)	9.5-12* (1)	9.5-11* (1)	12-14.5* (2)		All grains offered must be whole grain-rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2		Weekly, no more than 2 oz eq grain based dessert.
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	9.5-12* (1)	11-12* (1)	11-12* (1)	12-14.5* (2)		
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2		
Fluid milk (cups)	Weekly (daily)	6 (1)				Offer two varieties daily (variety: fat content or flavor). Flavored milk may be only non-fat.	

6-Day NSLP Meal Pattern At-Risk Afterschool Meals

Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

Dietary Specifications: Weekly Average Requirement for a 6-Day Week					
Grades	K-5	6-8	K-8	9-12	Additional Information
Minimum - Maximum calories (kcal)	550-650	600-700	600-650	750-850	
Sodium Target 2 (mg)	≤ 935	≤ 1035	≤ 935	≤ 1080	The current sodium guidelines (Target 2) were implemented in SY 2017-2018
Sodium Final Target implement in SY 2022-23	< 640	< 710	< 640	< 740	
Saturated fat (% of calories)	< 10				
Dietary Specifications: Daily Requirement for a 6-Day Week					
Grades	K-5	6-8	K-8	9-12	
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of <u>trans</u> fat per serving				

7-Day NSLP Meal Pattern At-Risk Afterschool Meals

Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

Serve Only:						Offer versus Serve (OVS):	
<ul style="list-style-type: none"> Must PREPARE all 5 components in required amounts At POS: Must SERVE all 5 components in minimum required amount 						<ul style="list-style-type: none"> Must PREPARE all 5 components in required amounts At POS: Must TAKE at least 3 components in minimum required amount, one must be fruit or vegetable 	
Component Specifications: Daily and Weekly Amount Based on the Average for a 7-Day Week							
		Grades	K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	3 ½ (½)			7 (1)		Only 100% fruit juice is allowed and no more than half the weekly offering for the fruit component may be 100% juice.
	Serve Only: minimum amount required at POS	½			1		
	OVS: minimum amount to count at POS	½			½		
Total Vegetable (cups)	Weekly (daily)	5 ¼ (¾)			7 (1)		Only 100% vegetable juice is allowed and no more than half the weekly offering for the vegetable component may be 100% juice.
	Serve Only: minimum amount required at POS	¾			1		
	OVS: minimum amount to count at POS	½			½		
Vegetable Subgroups (cups)		Minimum weekly amounts					
Dark green		½			½		No maximum for any subgroup. <i>*Must offer more than minimum weekly values in order to meet weekly total.</i>
Red/Orange		¾			1 ¼		
Beans/Peas (legumes)		½			½		
Starchy		½			½		
Other		½			¾		
To meet weekly requirement, vegetables from ANY subgroup		2 ½			3 ½		Minimum creditable amount to count towards a subgroup is 1/8 cup.
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	11-12.5* (1)	11-14* (1)	11-12.5* (1)	14-17* (2)		All grains offered must be whole grain-rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2		Weekly, no more than 2 oz eq grain based dessert.
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	11-14* (1)	12.5-14* (1)	12.5-14* (1)	14-17* (2)		
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2		
Fluid milk (cups)	Weekly (daily)	7 (1)				Offer two varieties daily (variety: fat content or flavor). Flavored milk may be only non-fat.	

7-Day NSLP Meal Pattern At-Risk Afterschool Meals

Following the Same Meal Pattern as the National School Lunch Program for Lunch & Supper

Dietary Specifications: Weekly Average Requirement for a 7-Day Week					
Grades	K-5	6-8	K-8	9-12	Additional Information
Minimum - Maximum calories (kcal)	550-650	600-700	600-650	750-850	
<i>Sodium Target 2 (mg)</i>	≤ 935	≤ 1035	≤ 935	≤ 1080	<i>The current sodium guidelines (Target 2) were implemented in SY 2017-2018</i>
<i>Sodium Final Target implement in SY 2022-23</i>	≤ 640	≤ 710	≤ 640	≤ 740	
Saturated fat (% of calories)	< 10				
Dietary Specifications: Daily Requirement for a 7-Day Week					
Grades	K-5	6-8	K-8	9-12	
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of <u>trans</u> fat per serving				

ASCSP Meal Pattern

At-Risk Afterschool Meals

Following the Same Meal Pattern as the Afterschool Care Snack Program for AM & PM Snack

Meal Pattern for Snack:			
<ul style="list-style-type: none"> Select 2 of the 4 components to offer per snack No more than two dessert items may be served in one week It is recommended to offer larger portions for older children (ages 13-18) based on their higher total energy requirements 			
Components	Ages 1-2	Ages 3-5	Ages 6-18
Fluid milk (cups)	½ cup	½ cup	1 cup
Vegetable, Fruit, or 100% Full-Strength Juice*	½ cup	½ cup	¾ cup
Grains/Breads (whole grain or enriched) Including: <ul style="list-style-type: none"> Bread Cornbread, rolls, muffins, or biscuits Cold dry cereal (volume or weight, whichever is less) Cooked cereal, pasta, noodle products, or cereal grains 	½ slice ½ serving ¼ cup or ⅓ oz ¼ cup	½ slice ½ serving ⅓ cup or ½ oz ¼ cup	1 slice 1 serving ¾ cup or 1 oz ½ cup
Meat or Meat Alternates Including: <ul style="list-style-type: none"> Lean meat, fish or poultry (edible portion as served) Cheese** Egg or yogurt Cooked dry beans or peas*** Peanut butter, soy nut butter or other nut or seed butters Peanuts, soy nuts, tree nuts or seeds Any equivalent quantities of any combination of the above meat/meat alternates 	½ oz ½ oz ½ egg or ¼ cup ⅓ cup 1 Tbsp ½ oz	½ oz ½ oz ½ egg or ¼ cup ⅓ cup 1 Tbsp ½ oz	1 oz 1 oz 1 egg or ½ cup ¼ cup 2 Tbsp 1 oz
*juice may not be served when milk is served as the other component **natural or processed only ***in the same meal service, dried beans or dried peas may only be used as a meat alternate or as a vegetable; however, such use does not satisfy the requirement for both components			