WISCONSIN SCHOOL NUTRITION

IN A NUTSHELL

National School Lunch Program (NSLP)

Nutrition Standards & Meal Pattern Requirements

Age/Grade Groups

- K-5, 6-8, K-8, 9-12
- There is no 6-12 meal pattern

Menu Planning

- Refer to the Lunch Meal Pattern Table for daily and weekly requirements.
- All meals must meet the daily minimum requirements for all 5 components.
- Each serving line, independently, must meet the daily and weekly requirements.
- All foods and condiments that students have access to as part of a reimbursable meal must be included in the dietary specifications.
- Maintain Child Nutrition (CN) labels and/or Product Formulation Statements (PFS) to document compliance.

Components

Milk

- Milk credits by volume (fluid ounces).
- Offer at least two milk varieties, one must be unflavored. Allowable types are non-fat (skim) or low-fat (1 percent), reduced-fat (2 percent), whole; flavored or unflavored; lactose-reduced or lactose-free.

Fruits

- Fruits credit by volume (cups).
    - A minimum of 1/8 cup fruit per serving is needed to credit.
- Creditable forms of fruit include fresh, frozen (with or without added sugar), canned in water, light syrup or juice, dried, and pasteurized, full-strength juice.
    - Dried fruit credits as twice the volume served (e.g. 1/4 cup of raisins = 1/2 cup creditable fruit).
    - No more than half of weekly fruit offerings can be in the form of juice.
- Snack-type fruit products such as 100 percent fruit strips, leathers or drops are not creditable.

Vegetables

- Vegetables credit by volume (cups).
    - A minimum of 1/8 cup vegetable per serving is needed to credit.
- Creditable forms of vegetables include fresh, frozen, canned, and pasteurized, full-strength juice.
    - Raw, uncooked leafy vegetables credit as half of the volume served (e.g. 1 cup served = 1/2 cup creditable vegetable).
    - No more than half of weekly vegetable offerings can be in the form of juice.
- Vegetable subgroup requirements must be met on a weekly basis.
    - There are five required subgroups: dark green; red/orange; beans, peas, and lentils; starchy; and other.
    - Beans, peas, and lentils may be offered toward the meat/meat alternate (M/MA) component or the daily vegetable component, but not both components in the same meal. When offered toward the M/MA component, beans, peas, and lentils may count towards the weekly beans, peas, and lentils vegetable subgroup requirement, but may not count toward the daily or weekly vegetable component quantity requirement.

- Mixed vegetable dishes with unknown quantities per serving or mixed vegetable dishes that include starchy vegetables credit toward total vegetables and are categorized as additional.

Grains

- Grains credit by weight (ounce equivalents [oz eq]).
  - A minimum of 0.25 oz eq per serving is needed to credit.
- Daily and weekly minimums must be offered and vary by age/grade group.
- 80 percent of grains credited towards the meal pattern must be whole grain-rich.
- Determine crediting by comparing the weight of the food product to those listed in Exhibit A or by calculating the grams of creditable grains in a recipe. Refer to the USDA Food Buying Guide for more information.

Meat/Meat Alternate (M/MA)

- M/MA credit by weight (ounce equivalents [oz eq]).
  - A minimum of 0.25 oz eq per serving is needed to credit.
- Daily and weekly minimums must be offered and vary by age/grade group.
- Foods with creditable amounts of M/MA offered on salad bars and/or as condiments in amounts greater than 0.25 oz eq per serving contribute to weekly M/MA offerings.
- Tofu and soy yogurt are creditable as M/MA.

Dietary Specifications

The dietary specifications set forth limits for calories, saturated fat, and sodium. These are assessed as a daily average over the course of one five-day week. The calculated daily average must be within the range listed in the table (at least the minimum and no more than the maximum values). Fluid milk is excluded from the weekly limit for saturated fat.

Grade Groups	Calories (kcal)	Sodium Limits Target 1A (mg) In place through June 30, 2027	Saturated Fat (% of total calories)
K-5	550-650	≤1,110	<10
6-8	600-700	≤1,225	<10
K-8	600-650	≤1,110	<10
9-12	750-850	≤1,280	<10

Additionally, there are product-based added sugar limits for the following products:

- Breakfast Cereals: No more than 6 grams of added sugar per dry ounce
- Yogurt: No more than 12 grams of added sugar per 6 ounces
- Flavored Milk: No more than 10 grams of added sugar per 8 fluid ounces (1 cup)

Offer versus Serve (OVS)

- Students must be offered all 5 components in portions planned to meet the daily minimum quantities for each age/grade group.
  - All students must be allowed to decline up to two components.
  - To qualify as a reimbursable meal, students must select at least 3 full and different components, one of which is a 1/2 cup fruit, vegetable or combination.
  - There is no requirement for a student to select milk under OVS.
  - OVS is required for grades 9-12 and is optional, but encouraged, for grades K-8.

Resources

- DPI National School Lunch Program homepage
- Menu Planning