

	NSLP				
	Per Week (Minimum Per Day)*				
	Presch Ages 1 - 2 yrs old	Presch Ages 3-4 yrs old	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups)	1/2	1/2	2-1/2 (1/2)	2-1/2 (1/2)	5 (1)
Vegetables (cups)	2 fruit and/or vegetable		3-3/4 (3/4)	3-3/4 (3/4)	5 (1)
Dark green	No vegetable subgroups required		1/2	1/2	1/2
Red/Orange			3/4	3/4	1 1/4
Beans/Peas (Legumes)			1/2	1/2	1/2
Starchy			1/2	1/2	1/2
Other			1/2	1/2	3/4
Additional Veg to Reach Total			1	1	1 1/2
Grains	5 (1/2)	8 (1)	8 - 9 (1)	8 - 10 (1)	10 - 12 (2)
Meats/Meat Alternates (oz eq)	1	1 1/2	8 - 10 (1)	9 - 10 (1)	10 - 12 (2)
Fluid milk (cups)	3/4	3/4	5 (1)	5 (1)	5 (1)
Nutrient Standards					
Min-max calories	517	517	550-650	600-700	750-850
Saturated fat	<10	<10	<10	<10	<10
Sodium (mg)	N/A	N/A	≤ 1230**	≤ 1360**	≤ 1420**
Trans fat	N/A	N/A	Zero grams of trans fat per serving.		

* When there are two quantities listed and one is in parenthesis, the first number is the meal pattern amount of food per week. The second number in parenthesis is the minimum per day.

**** Target 1: SY 2014-15 Sodium Targets**

Target 2: SY 2017-18

(K-5) ≤ 935

(6-8) ≤ 1035

(9-12) ≤ 1080

Final Target: SY2022-23

(K-5) ≤ 640mg

(6-8) ≤ 710mg

(9-12) ≤ 740mg