



NSLP Short and Long Week Meal Pattern Calculations

These calculations apply to schools that regularly operate on a schedule that is less than or greater than a five-day school week.

- Calculations are rounded to the nearest 0.5 ounce equivalent (oz. eq.) and 0.25 cup.
- Due to the size of weekly vegetable subgroup requirements, the 20% adjustment is not practical. Therefore, adjustments are primarily made to the “Additional Vegetables” requirement which may be met with vegetables from any subgroup.
- Dietary specifications are not included in the calculations because they are averaged over the course of the week, regardless of the number of the days that meals are offered. Dietary specifications must be met for school breakfast and lunch.

Three Day School Week Meal Component Adjustments

Breakfast	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	3 (1)	3 (1)	3 (1)
Grains or Meats/Meat Alternates (oz. eq.)	4–6 (1)	5–6 (1)	5.5–6 (1)
Fluid Milk (cups)	3 (1)	3 (1)	3 (1)

Lunch	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	1.5 (0.5)	1.5 (0.5)	3 (1)
Vegetables (cups)	2.25 (0.75)	2.25 (0.75)	3 (1)

Dark Green	0.5	0.5	0.5
Red/Orange	0.5	0.5	1
Beans, Peas, and Lentils	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.25	0.25	0.5
Additional vegetables to reach total	0	0	0
Grains (oz. eq.)	5–5.5 (1)	5–6 (1)	6–7 (2)
Meats/Meat Alternates (oz. eq.)	5–6 (1)	5.5–6 (1)	6–7 (2)
Fluid Milk (cups)	3 (1)	3 (1)	3 (1)

Four Day School Week Meal Component Adjustments

Breakfast	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	4 (1)	4 (1)	4 (1)
Grains or Meats/ Meat Alternates (oz. eq.)	5.5–8 (1)	6.5–8 (1)	7–8 (1)
Fluid Milk (cups)	4 (1)	4 (1)	4 (1)

Lunch	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	2 (0.5)	2 (0.5)	4 (1)
Vegetables (cups)	3 (0.75)	3 (0.75)	4 (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25

Beans, Peas, and Lentils	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional vegetables to reach total	0.25	0.25	0.5
Grains (oz. eq.)	6.5–7 (1)	6.5–8 (1)	8–9.5 (2)
Meats/Meat Alternates (oz. eq.)	6.5–8 (1)	7–8 (1)	8–9.5 (2)
Fluid Milk (cups)	4 (1)	4 (1)	4 (1)

Six Day School Week Meal Component Adjustments

Breakfast	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	6 (1)	6 (1)	6 (1)
Grains or Meats/ Meat Alternates (oz. eq.)	8.5–12 (1)	9.5–12 (1)	11–12 (1)
Fluid Milk (cups)	6 (1)	6 (1)	6 (1)

Lunch	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	3 (0.5)	3 (0.5)	6 (1)
Vegetables (cups)	4.5 (0.75)	4.5 (0.75)	6 (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans, Peas, and Lentils	0.5	0.5	0.5
Starchy	0.5	0.5	0.5

Other	0.5	0.5	0.75
Additional vegetables to reach total	1.75	1.75	2.5
Grains (oz. eq.)	9.5–11 (1)	9.5–12 (1)	12–14.5 (2)
Meats/Meat Alternates (oz. eq.)	9.5–12 (1)	11–12 (1)	12–14.5 (2)
Fluid Milk (cups)	6 (1)	6 (1)	6 (1)

Seven Day School Week Meal Component Adjustments

Breakfast	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	7 (1)	7 (1)	7 (1)
Grains or Meats/Meat Alternates (oz. eq.)	10–14 (1)	11–14 (1)	12.5–14(1)
Fluid Milk (cups)	7 (1)	7 (1)	7 (1)

Lunch	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	3.5 (0.5)	3.5 (0.5)	7 (1)
Vegetables (cups)	5.25 (0.75)	5.25 (0.75)	7 (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans, Peas, and Lentils	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional vegetables to reach total	2.5	2.5	3.5

Grains (oz. eq.)	11–12.5 (1)	11–14 (1)	14–17 (2)
Meats/Meat Alternates (oz. eq.)	11–14 (1)	12.5–14 (1)	14–17 (2)
Fluid Milk (cups)	7 (1)	7 (1)	7 (1)

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