NSLP Lunch Meal Pattern
SY 2025-2026

Overview

- What is a reimbursable meal?
- Why is it important to follow meal pattern requirements?
- What are the meal pattern requirements?
- Updates to the School Nutrition Standards

What is a reimbursable meal?

- Follows all of the federal requirements to be claimed for reimbursement
- Contains all of the required meal components and specified quantities
- Meets dietary specifications

Why is this important?

School food authorities (SFAs) receive Federal dollars for every reimbursable meal

Fiscal Action

Fiscal action is taken when:

- Meal component is missing
- Run out of a food item during meal service and it is not replenished
- Repeat meal pattern findings

Short & Long Week Meal Pattern Requirements

- During this presentation, requirements in the charts are for a 5-day week
- If your school **does not regularly operate a 5-day week**, please refer to the **"Short and Long Week Meal Pattern Calculations"** chart:

https://www.fns.usda.gov/school-meals/nutrition-standards/short-long-week

What's for Lunch?

Lunch Meal Pattern

Lunch Meal Pattern (5-Day School Week)

FRUITS	Grades K-5		Grades 6-8		Grades 9-12	
Meal Pattern	Per Week	Min Per Day	Per Week	Min Per Day	Per Week	Min Per Day
Fruits (cups)[2]	2.5	0.5	2.5	0.5	5	1
VEGETABLES	Grades K-5		Grades 6-8		Grades 9-12	
Meal Pattern	Per Week	Min Per Day	Per Week	Min Per Day	Per Week	Min Per Day
Vegetables (cups)[1,2]	3.75	0.75	3.75	0.75	5	1
• Dark green[3]	0.5		0.5		0.5	
• Red/Orange[3]	0.75		0.75		1.25	
• Beans, Peas, & Lentils[3,4]	0.5		0.5		0.5	
• Starchy[3]	0.5		0.5		0.5	
• Other[3,4]	0.5		0.5		0.75	
Additional Vegetable to Reach Total[2]	1		1		1.5	
MEATS[1,5]	Grades K-5		Grades 6-8		Grades 9-12	
Meal Pattern	Per Week	Min Per Day	Per Week	Min Per Day	Per Week	Min Per Day
Meats/Meat Alternates (oz eq)	8-10	1	9-10	1	10-12	2
GRAINS[5,6]	Grades K-5		Grades 6-8		Grades 9-12	
Meal Pattern	Per Week	Min Per Day	Per Week	Min Per Day	Per Week	Min Per Day
Grains (oz eq)	8-9	1	8-10	1	10-12	2
AT LEAST 80% OF THE GRAINS OFFERED WEEKLY MUST BE WHOLE GRAIN-RICH.[6]						
MILK[1,5]	Grades K-5		Grades 6-8		Grades 9-12	
Meal Pattern	Per Week	Min Per Day	Per Week	Min Per Day	Per Week	Min Per Day
Fluid milk (cups)	5	1	5	1	5	1
DIETARY SPECIFICATIONS Daily amount based on the average for a 5-Day Week	Grades K-5		Grades 6-8		Grades 9-12	
Calories[7,8]	550-650		600-700		750-850	
Saturated Fat[8] (% of total calories)	<10		<10		<10	
Sodium Interim Target 1A (milligrams)[9] Effective July 1, 2023	≤ 1,110		≤ 1,225		≤ 1,280	

[2] One-quarter cup of dried fruit counts as ¼ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

[3] Larger amounts of these vegetables may be served.

Page 1 of 3 Rev 10/2025

https://hcnp.hawaii.gov/overview/nslp/
→ Meal Pattern

A Reimbursable Lunch

Five Components

- Vegetables
- Fruit
- Grain
- Meat/meat alternate
- Milk

Must meet the daily <u>and</u> weekly requirements

Grade Groups

- K-5
- 6-8
- 9-12
- Flexibility in menu planning at lunch
  - Grades K-5 and 6-8 requirements overlap
  - A single menu can be used for K- 8

Milk

Food Component	Grades K-5	Grades 6-8	Grades 9-12
Milk	5 cups / week 1 cup / day		

- Must offer at least 2 milk types
- Acceptable milk types:
  - 1% (low-fat) unflavored
  - Fat-free (skim) unflavored
  - 1% (low-fat) flavored
  - Fat-free (skim) flavored

At least one milk type offered must be unflavored

Milk

Provision under final rule, *Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans:*

Effective July 1, 2025, **flavored milk may have no more than 10 grams of added sugars per 8 fluid ounces**, or, for flavored milk sold as a competitive food for middle and high schools, 15 grams of added sugars per 12 fluid ounces

Determining Added Sugar in Flavored Milk

Half pint =
1 cup / 8 fl oz

1 carton =
Half pint
(1 cup / 8 fl oz)

Fruit

Food Component	Grades K-5	Grades 6-8	Grades 9-12
Fruit	2 ½ cups / week ½ cup / day		5 cups / week 1 cup / day

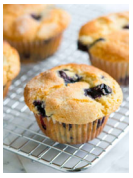
- Fresh, frozen, dried, 100% fruit juice, and canned fruit in light syrup, water or fruit juice

Fruit

- Pre-packed fruit cups
  - Obtain a Product Formulation Statement from the manufacturer to determine crediting

Fruit

The minimum amount of fruit that can be credited towards the meal pattern is 1/8 cup



Fruit – Special Situations

- Dried fruit credits as double the volume served
  - ¼ cup raisins = ½ cup fruit

- Fruit juice limit:
  - Full-strength fruit juice may be offered to meet up to half of the weekly fruit requirement

Vegetables

Food Component	Grades K-5	Grades 6-8	Grades 9-12
Vegetables	3¾ cups / week ¾ cup / day		5 cups / week 1 cup / day

Vegetable Subgroups

Veg Subgroup	Grades K-5	Grades 6-8	Grades 9-12
Dark Green	½ cup / week		½ cup / week
Red/Orange	¾ cup / week		1¼ cups / week
Beans, Peas & Lentils	½ cup / week		½ cup / week
Starchy	½ cup / week		½ cup / week
Other	½ cup / week		¾ cup / week
Additional (to meet weekly total)	1 cup / week		1½ cups / week

HCNP Vegetable Subgroup Chart:

https://hcnp.hawaii.gov/wp-content/uploads/2019/07/Vegetable-Subgroup-Chart.pdf

Vegetable Subgroups

Mixed Vegetables:

If quantities of each vegetable are unknown, count towards Additional Vegetable

Other Vegetables:
Can also be met with additional amounts from the Dark Green, Red/Orange, Beans, Peas & Lentils subgroups.

Vegetables

- Minimum amount of vegetables that can be credited towards the meal pattern is 1/8 cup

Vegetables – Special Situations

Raw and cooked leafy greens credit differently!

RAW:
Credited at half the volume served
Ex: ½ cup raw spinach = ¼ cup vegetable

COOKED:
Credit the same as the volume served
Ex: ½ cup cooked spinach = ½ cup vegetable

Beans, Peas, & Lentils

Provision under final rule, *Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans:*

Effective July 1, 2024, schools may count beans, peas, and lentils offered as a meat alternate at lunch and may also count them toward the weekly beans, peas, and lentils vegetable subgroup requirement.

However, beans, peas, and lentils offered as a meat alternate would not also count toward the daily or weekly overall vegetable meal component requirements.

Crediting Beans, Peas & Lentils as a Meat / Meat Alternate

Veggie Chickpea Wrap		
Whole Grain Tortilla	1 oz eq whole grain	
Chickpeas	2 oz eq **meat/meat alternate**	**½ cup beans, peas, lentils for the week***
Lettuce	¼ cup Dark Green vegetable	
Tomato	¼ cup Red/Orange vegetable	
Cucumber	¼ cup Other vegetable	

*** Cannot be counted toward the daily or weekly vegetable requirement**

Substituting Vegetables for Grains in Hawaii

SP 03-2025: Substituting Vegetables for Grains in American Samoa, Guam, Hawaii, Puerto Rico, the U.S. Virgin Islands, and Tribal Communities:

All schools in Guam and Hawaii are allowed to substitute any creditable vegetables for the grains or bread component.

However, USDA emphasizes the importance of traditional and culturally relevant vegetables. Examples of traditional and cultural vegetables, such as breadfruit and taro, are provided in the revised regulatory text at 7 CFR 210.10(c)(3), 220.8(c)(3), 225.16(f)(3), and 226.20(f).

Substituting Vegetables for Grains in Hawaii

SP 03-2025: Substituting Vegetables for Grains in American Samoa, Guam, Hawaii, Puerto Rico, the U.S. Virgin Islands, and Tribal Communities:

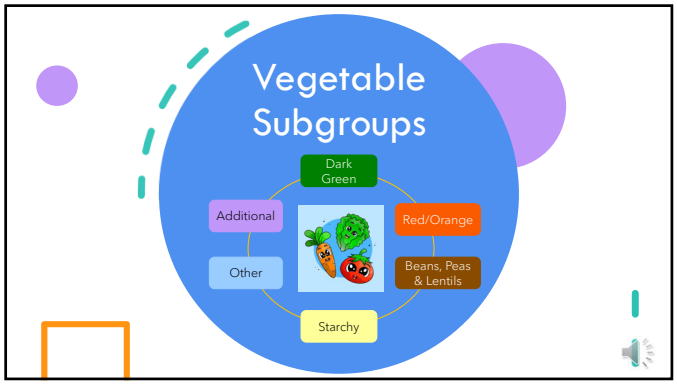
- Vegetables substituted for grains do not contribute toward the daily or weekly minimum vegetables requirements
  - Nor do they contribute toward vegetable subgroup requirements
  - Must offer another vegetable to meet the vegetable and/or vegetable subgroup requirements
- ½ cup of vegetables credits as 1 oz eq of grains
  - Raw leafy greens: 1 cup credits as 1 oz eq of grains
- May offer a combination of vegetables and grains to meet the grains requirement
  - May count vegetables substituted for grains toward the whole grain-rich requirement, OR
  - May only count grains offered when calculating the 80% whole grain-rich requirement

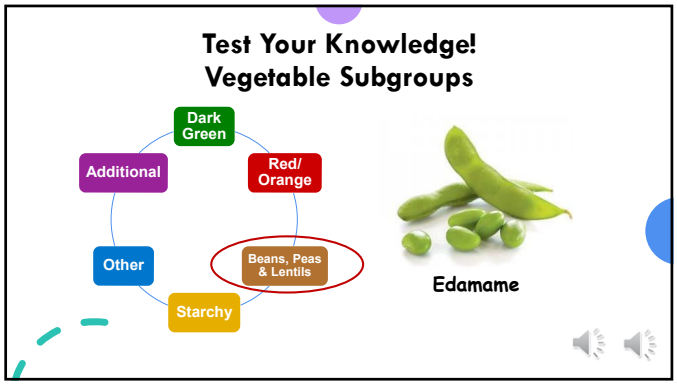


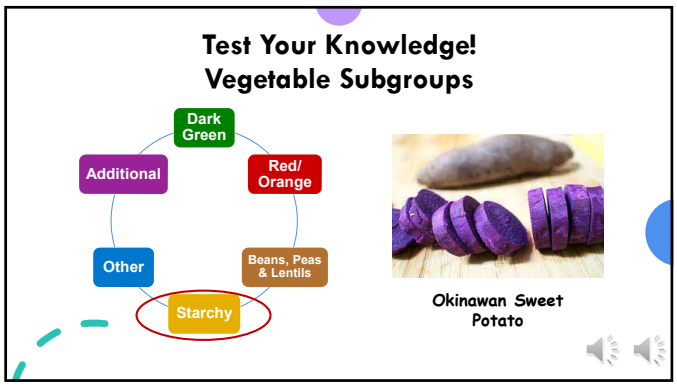
K – 8 Planned Menu

Meat/Meat Alternate	Grain	Vegetable	Fruit	Milk
Kalua pig w/Cabbage (1 oz eq M/MA)	Brown Rice (½ cup portion = 1 oz eq Grain)	Sweet Potato (½ cup Starchy) Kalua Pig w/Cabbage (¼ cup Other)	Pineapple (½ cup Fruit)	1 cup (fat-free chocolate or lowfat unflavored)
Kalua pig w/Cabbage (1 oz eq M/MA)	Sweet Potato (½ cup portion = 1 oz eq Grain)	Lomi tomato (½ cup Red/Orange) Kalua Pig w/Cabbage (¼ cup Other)	Pineapple (½ cup Fruit)	1 cup (fat-free chocolate or lowfat unflavored)




Vegetable Subgroups
Dark Green
Red/Orange
Beans, Peas & Lentils
Starchy
Other
Additional


Test Your Knowledge!
Vegetable Subgroups
Dark Green
Red/ Orange
Beans, Peas & Lentils
Starchy
Other
Additional
Edamame


Test Your Knowledge!
Vegetable Subgroups
Dark Green
Red/ Orange
Beans, Peas & Lentils
Starchy
Other
Additional
Okinawan Sweet Potato

Test Your Knowledge! Vegetable Subgroups

Dark Green
Red/ Orange
Beans, Peas & Lentils
Starchy
Other
Additional

Green Peas

Test Your Knowledge! Vegetable Subgroups

Dark Green
Red/ Orange
Beans, Peas & Lentils
Starchy
Other
Additional

Peas & Carrots

Test Your Knowledge! Vegetable Subgroups

Dark Green
Red/ Orange
Beans, Peas & Lentils
Starchy
Other
Additional

Quantities ARE known (A Product Formulation Statement is available):

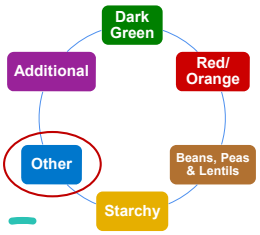
- Creditable amount must be at least 1/8 cup
- Credit vegetables in the appropriate subgroup

Quantities are NOT known (A Product Formulation Statement is not available):

- Credit as Additional Vegetables

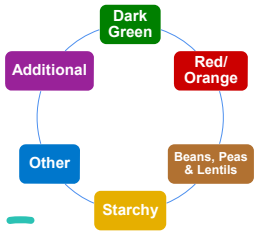
Peas & Carrots

Test Your Knowledge! Vegetable Subgroups



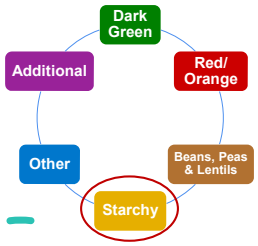
Breadfruit (Ulu)

Test Your Knowledge! Vegetable Subgroups



Taro

Test Your Knowledge! Vegetable Subgroups

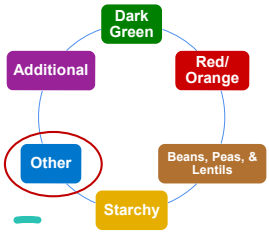


Taro

½ cup taro/poi/breadfruit may credit as 1 oz eq grain

Cannot count the item as a grain and a vegetable at the same time

Test Your Knowledge! Vegetable Subgroups



Green Beans

Grains

Food Component	Grades K-5	Grades 6-8	Grades 9-12
Grains	8-9 oz eq / week 1 oz eq / day	8-10 oz eq / week 1 oz eq / day	10-12 oz eq / week 2 oz eq / day

Grains

Food Component	Grades K-5	Grades 6-8	Grades 9-12
Grains	8-9 oz eq / week 1 oz eq / day	8-10 oz eq / week 1 oz eq / day	10-12 oz eq / week 2 oz eq / day

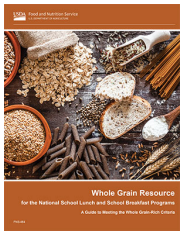
At least 80% of weekly grains served must be whole grain-rich*

*Whole grain-rich: grain must contain at least 50% whole grains and the remaining grain, if any, must be enriched.

What is Whole Grain-Rich?

A **whole grain-rich product** must **contain at least 50% whole grains and the remaining grains** in the product, if any, **must be enriched**

USDA Whole Grain Resource for NSLP and SBP. A Guide to Meeting the Whole Grain-Rich Criteria: https://www.fns.usda.gov/tn/whole-grain-resource



Grains

Examples of Whole Grains
- Whole wheat flour
- Brown rice
- Rolled oats
- Oatmeal
- Quinoa
- Cracked wheat

Examples of Non-Whole Grains
- Flour
- White flour
- Wheat flour
- Bread flour
- Enriched flour
- Enriched rice

Refer to the ***USDA Whole Grain Resource for NSLP and SBP. A Guide to Meeting the Whole Grain-Rich Criteria*** for more information.

Non-creditable Grains

- Examples of grain ingredients that do not contribute toward the meal pattern:

Oat fiber	Wheat starch
Corn fiber	Modified food starch
Corn starch	Vegetable flours (such as potato and legume flours)

- Ingredients must be present at a level of less than 2% of the product formula (or less than 0.25 oz eq) for the product to be creditable

Using the ingredient list to determine if a product is Whole Grain-Rich

Ingredients are listed in descending order according to weight:

- First ingredient = weighs the most
- Last ingredient = weighs the least

Sample Bread Ingredient List:

WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, RAISIN JUICE CONCENTRATE, SOYBEAN OIL, YEAST, CULTURED WHEAT FLOUR, MOLASSES, SALT, SOY LECITHIN, GRAIN VINEGAR, CITRIC ACID, SOY, WHEY

Using the ingredient list to determine if a product is Whole Grain-Rich

- Check if whole grains are the primary ingredient by weight
- If a whole grain is listed first with 2 or more enriched grains, a Product Formulation Statement is needed
- If an enriched grain is listed as the first ingredient but multiple whole grain ingredients are listed, a Product Formulation Statement is needed

Is this Whole Grain-Rich?

All Natural Whole-Wheat Pasta

Ingredients:

Whole grain wheat flour, wheat flour, oat fiber

Unenriched wheat flour and oat fiber

NOTE: Products containing 0.25 of eq or more of non-creditable grains may not contribute toward the reimbursable meal.

Request Product Formulation Statement

Is this Whole Grain-Rich?

White Whole-Wheat Breadsticks

Whole Grain-Rich

Ingredients for U.S. Market:
Whole wheat flour, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrite, enzyme, riboflavin, folic acid), yeast, sugar, wheat gluten. Contains less that 2% of the following: soybean oil, salt, oat fiber, honey, sodium stearoyl lactylate, datem, acesulfame potassium, ascorbic acid, enzyme. May contain milk, soy, egg and sesame.

Is this Whole Grain-Rich?

Batter Ingredients:
Water, whole-wheat flour, whole grain corn, sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate), soybean oil, salt, egg yolk with sodium silicoaluminate, ascorbic acid, egg white, dried honey, artificial flavor. Fried in vegetable oil.

Whole Grain-Rich

Chicken Frank Ingredients:
Mechanically separated chicken, water, corn syrup solids, contains less than 2% of salt, spices, potassium lactate, sodium lactate, sodium phosphate, flavorings, sodium erythorbate, sodium diacetate, sodium nitrite. CONTAINS: WHEAT, SOY, EGG, AND GLUTEN.

Is this Whole Grain-Rich?

Request Product Formulation Statement (PFS)

Hamburger Buns

INGREDIENTS:

Whole wheat flour, water, enriched wheat flour ([wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour), sugar, yeast, vital wheat gluten, wheat bran. Contains less than 2% of: soybean oil, molasses, salt, sodium stearoyl lactylate, calcium sulfate, ascorbic acid, ammonium sulfate, calcium propionate (preservative), enzymes.

Is this Whole Grain-Rich?

Dinner Roll
INGREDIENTS:

ENRICHED...
Not Whole Grain-Rich

ENRICHED WHEAT FLOUR (WHEAT FLOUR, THIAMINE MONONITRATE [VITAMIN B1], NIACIN, RIBOFLAVIN [VITAMIN B2], REDUCED IRON, FOLIC ACID), WATER, WHOLE WHEAT FLOUR, CONTAINS LESS THAN 2% OF: CANOLA OIL, SALT, CULTURED WHEAT STARCH AND WHEAT FLOUR, DISTILLED VINEGAR, YEAST, EXTRA VIRGIN OLIVE OIL, WHEAT FLOUR, CITRIC ACID, MALTED BARLEY FLOUR, MALT SYRUP, RICE FLOUR, SESAME SEED MEAL.

Is this Whole Grain-Rich?

Hapa Rice Recipe #1

4 pounds Brown Rice

6 pounds Enriched White Rice

ENRICHED...
Not Whole Grain-Rich

Is this Whole Grain-Rich?

Hapa Rice Recipe #1

4 pounds Brown Rice

6 pounds Enriched White Rice

ENRICHED...
Not Whole Grain-Rich

Hapa Rice Recipe #2

5 pounds Brown Rice

5 pounds Enriched White Rice

Whole Grain-Rich

Calculating Weekly Whole Grain-Rich Percentage

At least 80% of the weekly grains offered must be whole grain-rich

Total weekly whole grain-rich grains	÷	Total weekly grains (whole grain-rich + enriched)	X	100	=	Weekly whole grain-rich percentage

Menu Planning Options for the Whole Grain-Rich Requirement (Sample K-8 Lunch Menu)

Option: Plan menu so enriched grains are served only on one day

"WGR" = "whole grain-rich"

Monday	Tuesday	Wednesday	Thursday	Friday
WGR 2 oz eq	WGR 1.5 oz eq	WGR 2 oz eq	WGR 2 oz eq	Enriched 1.5 oz eq

TOTAL GRAINS = 9 oz eq

$$\frac{\text{7.5 oz eq WGR}}{\text{9 oz eq TOTAL Grains}} \times 100 = 83\%$$

Menu Planning Options for the Whole Grain-Rich Requirement (Sample 9-12 Lunch Menu)

Option: Plan menu so enriched grains are served throughout the week.

"WGR" = "whole grain-rich"

Monday	Tuesday	Wednesday	Thursday	Friday	
WGR 2 oz. eq.	WGR 2 oz. eq.	WGR 1 oz. eq.	WGR 2 oz. eq.	WGR 2 oz. eq.	9 oz eq WGR
Enriched 0.5 oz eq.		Enriched 1 oz. eq.		Enriched 0.5 oz. eq.	2 oz eq Enriched

TOTAL GRAINS = 11 OZ EQ
9 oz eq WGR
2 oz eq Enriched

$$\frac{\text{9 oz eq WGR}}{\text{11 oz eq Total Grains}} \times 100 = 81.8\%$$

Grains - Resources

Whole Grain Resource:
https://www.fns.usda.gov/tn/whole-grain-resource

USDA Food Buying Guide:
https://foodbuyingguide.fns.usda.gov

Whole Grain Resource: Exhibit A

- Helps determine the ounce equivalent (oz eq) crediting for grain items
- Available on HCNP's website:

  https://hcnp.hawaii.gov/wp-content/uploads/2021/03/Rev-SP30-2012-Exhibit-A.pdf

Exhibit A: Grain Requirements for Child Nutrition Programs[1,2]
Color Key Footnote: Footnote 3 or 4 = Red, Footnote 5 = Blue

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
Bread type coating Bread sticks (hard) Chow Mein noodles Savory crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing	1 oz eq = 22 gm or 0.8 oz ¾ oz eq = 17 gm or 0.6 oz ½ oz eq = 11 gm or 0.4 oz ¼ oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz ¾ serving = 15 gm or 0.5 oz ½ serving = 10 gm or 0.4 oz ¼ serving = 5 gm or 0.2 oz
Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
Bagels Batter type coating Biscuits Breads—all (for example sliced, French, Italian) Buns (hamburger and hot dog) Sweet crackers* (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread Pizza crust Pretzels (soft) Rolls Tortillas Tortilla chips Taco shells	1 oz eq = 28 gm or 1.0 oz ¾ oz eq = 21 gm or 0.75 oz ½ oz eq = 14 gm or 0.5 oz ¼ oz eq = 7 gm or 0.25 oz	1 serving = 25 gm or 0.9 oz ¾ serving = 19 gm or 0.7 oz ½ serving = 13 gm or 0.5 oz ¼ serving = 6 gm or 0.2 oz

Grains – Crediting Using Exhibit A

1 slice of whole wheat bread
26 grams

Which group does bread belong to in Exhibit A?

Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
Bagels Batter type coating Biscuits Breads—all (for example sliced, French, Italian) Buns (hamburger and hot dog) Sweet crackers* (graham crackers - all shapes, animal crackers) Egg roll skins English muffins	1 oz eq = 28 gm or 1.0 oz ¾ oz eq = 21 gm or 0.75 oz ½ oz eq = 14 gm or 0.5 oz ¼ oz eq = 7 gm or 0.25 oz	1 serving = 25 gm or 0.9 oz ¾ serving = 19 gm or 0.7 oz ½ serving = 13 gm or 0.5 oz ¼ serving = 6 gm or 0.2 oz

Grains – Crediting Using Exhibit A

1 slice of whole wheat bread
26 grams

Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
Bagels	1 oz eq = 28 gm or 1.0 oz	1 serving = 25 gm or 0.9 oz
Batter type coating	¾ oz eq = 21 gm or 0.75 oz	¾ serving = 19 gm or 0.7 oz
Breads	½ oz eq = 14 gm or 0.5 oz	½ serving = 13 gm or 0.5 oz
Breads–all (for example sliced, French, Italian)	¼ oz eq = 7 gm or 0.25 oz	¼ serving = 6 gm or 0.2 oz
Bun, hamburger and hot dog)		
Sweet crackers[3] (graham crackers – all shapes, animal crackers)		
Egg roll skins		
English muffins		

What is the ounce equivalent (oz eq) for this slice of bread?

To calculate the ounce equivalent:

26 grams for 1 slice of bread / 28 grams oz eq for Group B = 0.93 oz eq

Round down to nearest 0.25 oz eq

0.75 oz eq

Grains – Crediting Using Exhibit A

Which group does brown rice belong to in Exhibit A?

- Group H

1 cup of brown rice

Group H	Ounce Equivalent (oz eq) for Group H	Minimum Serving Size for Group H
Cereal grains (barley, quinoa, etc.)	1 oz eq = ½ cup cooked or 1 ounce (28 gm) dry	1 serving = ½ cup cooked or 25 gm dry
Breakfast cereals (cooked)[2,3,5]		
Bulgur or cracked wheat		
Macaroni (all shapes)		
Noodles (all varieties)		
Pasta (all shapes)		
Ramen (noodle only)		
Rice		

What is the oz eq for 1 cup of brown rice?

- 2 oz eq

Grains

The **minimum amount of grain that can be credited** towards the meal pattern is 0.25 oz eq

Grain-based desserts:

- Limit to 2 oz eq per week
- Offer products low in added sugar, sodium, and saturated fats

Meat / Meat Alternate

Food Component	Grades K-5	Grades 6-8	Grades 9-12
Meat/meat alternate	8-10 oz eq / week 1 oz eq / day	9-10 oz eq / week 1 oz eq / day	10-12 oz eq / week 2 oz eq / day

Meat / Meat Alternate

The minimum amount of meat / meat alternate that can be credited towards the meal pattern is 0.25 oz eq

Added Sugars in Yogurt

Provision under final rule, *Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans:*

Effective July 1, 2025, yogurt may have no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce)

Added Sugars in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)	Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:	If the serving size is:	If the serving size is:	Added sugars must not be more than:
1 oz	28 g	2 g	4.75 oz	135 g	9 g
1.25 oz	35 g	2 g	5 oz	142 g	10 g
1.5 oz	43 g	3 g	5.25 oz	149 g	10 g
1.75 oz	50 g	3 g	5.3 oz	150 g	10 g
2 oz	57 g	4 g	5.5 oz	156 g	11 g
2.25 oz	64 g	4 g	5.75 oz	163 g	11 g
2.5 oz	71 g	5 g	6 oz	170 g	12 g
2.75 oz	78 g	5 g	6.25 oz	177 g	12 g
3 oz	85 g	6 g	6.5 oz	184 g	13 g
3.25 oz	92 g	6 g	6.75 oz	191 g	13 g
3.5 oz	99 g	7 g	7 oz	198 g	14 g
3.75 oz	106 g	7 g	7.25 oz	206 g	14 g
4 oz	113 g	8 g	7.5 oz	213 g	15 g
4.25 oz	120 g	8 g	7.75 oz	220 g	15 g
4.5 oz	128 g	9 g	8 oz	227 g	16 g

Yogurt must contain no more than 12 grams of added sugars per 6 ounces

Added Sugars – Yogurt Example

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:
4.75 oz	135 g	9 g
5 oz	142 g	10 g
5.25 oz	149 g	10 g
5.3 oz	150 g	10 g
5.5 oz	156 g	11 g
5.75 oz	163 g	11 g
6 oz	170 g	12 g
6.25 oz	177 g	12 g

1. Find the **Serving Size** in ounces (oz) or grams (g).
2. Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.
3. Look for the Serving Size identified in Step 1 in the table.
4. In the table, look at the number to the right of the Serving Size amount. If the yogurt has that amount of added sugars, or less, the yogurt meets the added sugars limit.

Nuts and Seeds

Nuts and seeds may credit for the full meats/meat alternates component in all meals (breakfast, lunch, and supper) offered through the CNP, although it is not required.

May offer nuts and seeds to meet the full meats/meat alternates component or a portion of it, alongside other meats/meat alternates.

Dietary Specifications -- Lunch

DIETARY SPECIFICATIONS Daily amount based on the average for a 5-Day Week	Grades K-5	Grades 6-8	Grades 9-12
Calories [l, m]	550-650	600-700	750-850
Saturated Fat [m] (% of total calories)	<10	<10	<10
Sodium Interim Target 1A (milligrams) [n] Effective July 1, 2023	≤ 1,110	≤ 1,225	≤ 1,280

Based on weighted weekly averages

Dietary Specifications -- Lunch

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Sodium Interim Target 1A (milligrams) [n] Effective July 1, 2023	≤ 1,110	≤ 1,225	≤ 1,280

Based on weighted weekly averages

7-Day Meal Pattern Requirements (regularly operate a 7-day week)

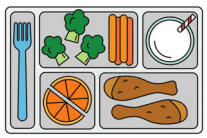
7-day School Week- Lunch	Grades K-5 Weekly (daily)	Grades 6-8 Weekly (daily)	Grades 9-12 Weekly (daily)
Fruits (cups)	3.5 (0.5)	3.5 (0.5)	7 (1)
Vegetables (cups)	5.25 (0.75)	5.25 (0.75)	7 (1)
Dark Green	0.5	0.5	0.5
Red/Orange	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5
Starchy	0.5	0.5	0.5
Other	0.5	0.5	0.75
Additional Veg to Reach Total	2.5	2.5	3.5
Grains (oz eq)	11-12.5 (1)	11-14 (1)	14-17 (2)
Meats/Meat Alts (oz eq)	11-14 (1)	12.5-14 (1)	14-17 (2)
Fluid Milk (cups)	7 (1)	7 (1)	7 (1)

https://www.fns.usda.gov/school-meals/nutrition-standards/short-long-week

Link to Google Forms Quiz:
https://forms.gle/HTeU9oYhX3eyPnH9A

Code Word: 80% whole grain

Reimbursable Lunch Activity



Reimbursable Lunch?

K-8 Lunch Menu

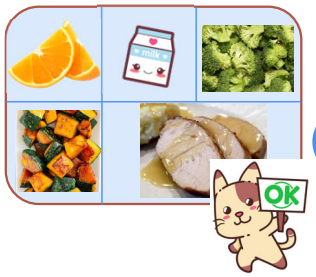
Roast Turkey with Gravy
1 oz eq M/MA

Roasted Kabocha
(1/2 cup serving)
1 oz eq Grain

Steamed Broccoli
¾ cup Dark Green Vegetable

Orange Wedges
½ cup Fruit

Milk
(fat free chocolate or 1% unflavored)
1 cup



Reimbursable Lunch?

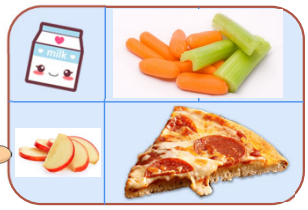
K-8 Lunch Menu

WG Pepperoni Pizza
2 oz eq M/MA, 2 oz eq Grain

Veggie Sticks
¾ cup

Apple Slices
½ cup

Milk
(fat free chocolate or 1% unflavored)
1 cup



Reimbursable Lunch?

9-12 Lunch Menu

Spaghetti w/meat sauce
2 oz eq M/MA, 1 oz eq Grain,
¼ cup R/O Vegetable

Roll
1 oz eq Grain

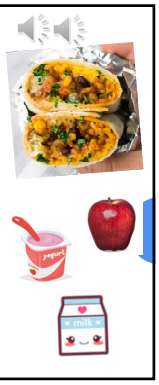
Mixed green salad
1 cup serving credits as
½ c Dk Green Vegetable

Pineapple chunks
½ cup Fruit

Milk
(fat free choc or 1% unflavored)
1 cup

Not enough Fruit & Vegetable

9-12 Lunch Menu		
Fiesta Bean Burrito:		
Whole Wheat Tortilla	1.5 oz eq Grain	Total 2 oz eq Grain
Seasoned Brown Rice	0.5 oz eq Grain	
Romaine Lettuce, Chopped (1 cup serving)	½ cup Dark Green Vegetable	
Chopped Tomatoes (¼ cup serving)	¼ cup Red/Orange Vegetable	Total of 1 cup Vegetable
Chopped Onions (¼ cup serving)	¼ cup Other Vegetable	
Black Beans (½ cup serving)*		
	½ cup Beans, Peas, Lentils Vegetable	
Shredded Cheese (1 oz serving)	1 oz eq Meat/Meat Alternate	
Lowfat Yogurt* (4 oz serving)	1 oz eq Meat/Meat Alternate	* No more than 12 grams of added sugar per 6 oz serving
Whole Apple, 125-138 ct (1 each)	1 cup Fruit	
Milk, 1 cup (fat free choc or 1% unflavored)	1 cup Milk	



Child Nutrition (CN) Labels

- Provide meal pattern contribution for commercially processed food items
- Crediting statement is approved by USDA

Sample CN Label

Chicken Stir-Fry Bowl

Ingredient Statement:

Chicken, brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices.

CN

099135

Each 4.5 oz. Chicken Stir-Fry Bowl provides 1.5 oz. equivalent meat, 1.0 oz eq Grains, ¾ cup dark green vegetable, ¼ cup red/orange vegetable, and ⅛ cup other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 09/14).

CN CN CN

Net Wt.: 18 pounds

Chicken Wok Company
1234 Kluck Street Poultry, PA 12345

Child Nutrition (CN) Labels

Sample CN Label

Chicken Stir-Fry Bowl

Ingredient Statement:

Chicken, brown rice, broccoli, red peppers, carrots, onions, water, olive oil, soy sauce, spices.

CN

099135

Each 4.5 oz. Chicken Stir-Fry Bowl provides 1.5 oz. equivalent meat, 1.0 oz eq Grains, ¾ cup dark green vegetable, ¼ cup red/orange vegetable, and ⅛ cup other vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 09/14).

CN CN CN

Net Wt.: 18 pounds

Chicken Wok Company
1234 Kluck Street Poultry, PA 12345

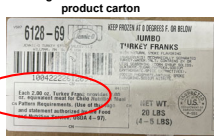
Child Nutrition (CN) Labels

Acceptable and valid documentation for a CN Label includes:

- The original CN Label from the product carton; or
- A photocopy or photograph of the CN Label shown attached to the original product carton

CN Labels that are photocopied or photographed MUST be visible and legible.

Original CN Label from the product carton



Photocopy or photograph of the CN label attached to the original product carton

Child Nutrition (CN) Labels

CN Label with a watermark is acceptable documentation when it is attached to a Bill of Lading (invoice) containing the product name and CN number provided by the vendor

Product Formulation Statement (PFS)

- Demonstrates how the processed product contributes to the meal pattern requirements when there is no CN Label
- Must be on signed letterhead

Menu Planning

Develop a cycle menu

Complete HCNP's Menu Planning Template

Complete USDA Certification Worksheets for each week

HCNP Menu Planning Template:
https://hcnp.hawaii.gov/overview/nslp/ under the Meal Pattern section

USDA Certification Worksheets:
https://www.fns.usda.gov/school-meals/certification-compliance

Menu Planning

Develop a cycle menu

Complete HCNP's Menu Planning Template

Complete USDA Certification Worksheets for each week

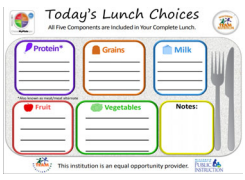
Create production record templates

HCNP Menu Planning Template:
https://hcnp.hawaii.gov/overview/nslp/ under the Meal Pattern section

USDA Certification Worksheets:
https://www.fns.usda.gov/school-meals/certification-compliance

Signage

Must identify what constitutes a reimbursable meal at or near the beginning of the serving line



Sample Menu Activity

Fruit? Vegetable?

October 2025 Lunch Menu

20 Cheese Pizza	21 Baked Chicken with Brown Rice	22 Corn Dog	23 Popcorn Chicken with Brown Rice	24 Spaghetti with Meatballs
27 Chicken Nuggets	28 Cheeseburger	29 Pepperoni Pizza	30 Roast Turkey with Brown Rice	1 Tuna Sandwich

All meals include a half pint of 1% unflavored or fat free chocolate milk.

This institution is an equal opportunity provider.

Water

Plain, potable water must be made available at no charge where lunches are served during the meal service

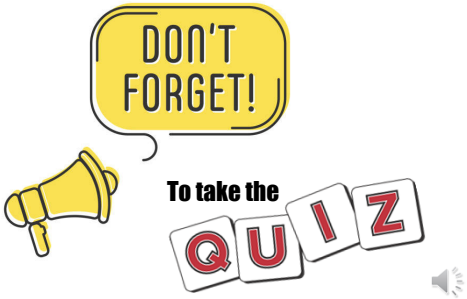
- In the food service area or immediately adjacent to the meal service area
- In each meal service location
  - Includes when meals are served outside the cafeteria (classrooms, in-school suspension, etc.)
- The SFA must provide cups if providing water in a bulk container
  - Children cannot be required to bring their own cups for water provided in a bulk container
- During lunch and afterschool snack services (includes Seamless Summer Option)

Resources

- HCNP's website, NSLP section:
  - https://hcnp.hawaii.gov/overview/nslp/
  - Click on "Meal Pattern"
- HCNP Vegetable Subgroup Chart:
  - https://hcnp.hawaii.gov/wp-content/uploads/2019/07/Vegetable-Subgroup-Chart.pdf
- USDA Food Buying Guide
  - https://foodbuyingguide.fns.usda.gov/
- USDA Certification Worksheets
  - https://www.fns.usda.gov/cn/certification-compliance

Resources

- USDA Whole Grain Resource for the National School Lunch Program and School Breakfast Program:
  - https://www.fns.usda.gov/tn/whole-grain-resource
- USDA Information on CN Labeling and Product Formulation Statement:
  - https://www.fns.usda.gov/cn/labeling/food-manufacturersindustry
- Short and Long Week Meal Pattern Calculations:
  - https://www.fns.usda.gov/school-meals/nutrition-standards/short-long-week



Questions

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Hawaii Child Nutrition Programs

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442; or

email:
program.intake@usda.gov

This institution is an equal opportunity provider.