

Lunch Meal Pattern



	<i>Grades K-5</i>	<i>Grades 6-8</i>	<i>Grades K-8</i>	<i>Grades 9-12</i>
Components	Amount of Food Per Week (Minimum Per Day)			
Fruits (cups)	2.5 (0.5)	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups)	3.75 (0.75)	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark green	0.5	0.5	0.5	0.5
Red/Orange	0.75	0.75	0.75	1.25
Beans and peas (legumes)	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.5	0.75
Additional Vegetable to Reach Total	1	1	1	1.5
Grains (oz eq)	8 (1)	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (oz eq)	8 (1)	9 (1)	9 (1)	10 (2)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week				
Min-max calories (kcal)	550-650	600-700	600-650	750-850
Saturated fat (% of total calories)	< 10	< 10	< 10	< 10
Sodium (mg)	≤ 1230	≤ 1360	≤ 1230	≤ 1420
<u>Trans fat</u>	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving. (< .5 grams of trans fat per serving)			