

Lunch Meal Pattern

Meal Pattern	Amount of Food Per Week (Minimum per day)		
	5-day Week	Grades K - 5	Grades 6 – 8
Fruit (cup)	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cup)	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark green	½	½	½
Red/Orange	¾	¾	1 ¼
Beans/Peas (Legumes)	½	½	½
Starchy	½	½	½
Other	½	½	¾
Additional to reach total	1	1	1 ½
Grains (oz. eq)	8-9 (1)	8-10 (1)	10-12 (2)
Meat/Meat Alternate (oz. eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cup)	5 (1)	5 (1)	5(1)
Nutrient Standards	Grades K-5	Grades 6-8	Grades 9-12
Calories	550-650	600-700	750-850
Saturated Fat	<10%	<10%	<10%
Sodium (mg.)	≤1,230	≤1,360	≤1,420

Fruit

The reimbursable meal selected by the student under offer vs. serve must include at least ½ cup of fruit and/or vegetable. All juice must be 100% full-strength. The total weekly fruit/vegetable juice offerings may not exceed one-half of the total fruits/vegetables offered over the week. Minimum creditable serving is 1/8 cup. One quarter-cup of dried fruit counts as ½ cup of fruit.

Vegetables

Minimum creditable serving is 1/8 cup. One cup of leafy greens counts as ½ cup of vegetables. The *Other* vegetable requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) subgroups. Any vegetable subgroup may be offered to meet the *Additional* total weekly vegetable requirement.

Grains

Half of all grains offered over the course of a week must be whole grain-rich products that conform to FNS guidance at <http://www.fns.usda.gov/tn/whole-grain-resource>. Other grains offered in the weekly menu must be enriched.

Meat/Meat Alternate

Must use the Food Buying Guide, CN label, or product formulation statement to determine ounce equivalents.

Milk

Fluid milk must be low-fat (1 percent milk fat or less, unflavored or flavored) or fat-free (unflavored or flavored). If flavored milk is offered an unflavored option must also be offered. Two varieties of milk must be available throughout the meal service.

This institution is an equal opportunity provider.