



## Lunch Meal Pattern

Meal Pattern	Amount of Food Per Week (Minimum per day)			
	5-day Week	Grades K - 5	Grades 6 – 8	Grades 9 - 12
<b>Fruit (cup)</b>		2 ½ (½)	2 ½ (½)	5 (1)
<b>Vegetables (cup)</b>		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
<b>Grains (oz. eq)</b>		8-9 (1)	8-10 (1)	10-12 (2)
<b>Meat/Meat Alternate (oz. eq)</b>		8-10 (1)	9-10 (1)	10-12 (2)
<b>Fluid Milk (cup)</b>		5 (1)	5 (1)	5(1)
<b>Nutrient Standards</b>		<b>Grades K-5</b>	<b>Grades 6-8</b>	<b>Grades 9-12</b>
<b>Calories</b>		550-650	600-700	750-850
<b>Saturated Fat</b>		<10%	<10%	<10%
<b>Sodium (mg.)</b>		≤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>.

### 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).