

Lunch Meal Pattern Requirements

Effective June 30, 2014

| Component | Lunch | | | |
|--|--|--------------------|--------------------|---------------------|
| | Grade Group K-5 | Grade Group K-8 | Grade Group 6-8 | Grade Group 9-12 |
| Requirements: Daily = (d) Weekly = (w) | | | | |
| Fruit (cup) | ½ (d) 2 ½ (w) | ½ (d) 2 ½ (w) | ½ (d) 2 ½ (w) | 1 (d) 5 (w) |
| | No more than 50% of the fruit servings may be in the form of juice over the course of the week | | | |
| Vegetables Total (cup) | ¾ (d) 3 ¾ (w) | ¾ (d) 3 ¾ (w) | ¾ (d) 3 ¾ (w) | 1 (d) 5 (w) |
| Dark Green | ½ (w) | | | |
| Red/Orange | ¾ (w) | ¾ (w) | ¾ (w) | 1 ¼ (w) |
| Beans/Peas (Legumes) | ½ (w) | | | |
| Starchy | ½ (w) | | | |
| Other | ½ (w) | ½ (w) | ½ (w) | ¾ (w) |
| Additional | 1 (w) | 1 (w) | 1 (w) | 1 ½ (w) |
| Grains (oz eq) | 1 (d) 8 (w) | 1 (d) 8 (w) | 1 (d) 8 (w) | 2 (d) 10 (w) |
| | All grains must be whole grain-rich | | | |
| Meat/Meat Alternate (oz) | 1 (d) 8 (w) | 1 (d) 9 (w) | 1 (d) 9 (w) | 2 (d) 10 (w) |
| Milk (cup) * | 1 (d) 5 (w) | 1 (d) 5 (w) | 1 (d) 5 (w) | 1 (d) 5 (w) |
| Calories | 550-650 | 600-650 | 600-700 | 750-850 |
| Saturated Fat (% of calories) | <10% | <10% | <10% | <10% |
| Trans Fat (grams) | 0 | 0 | 0 | 0 |
| Sodium (mg) | <1230 | <1230 | <1360 | <1420 |






(d) - minimum daily requirements (w) - weekly requirements

*Offer at least 2 varieties of milk - white must be ≤1% fat, flavored must be fat free

All reimbursable meals must contain 1/2 cup fruit and/or vegetable

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| Grade Group | Daily Minimums | Weekly Requirements | | | | | | | | | | | | |
|--|--|--|---|--|---|---|--|---|-------------------------------|----------------|--------------------------------|-------------------|-------------------------|--|
| K - 5 | <table border="1"> <tr> <td>$\frac{1}{2}$ cup FRUIT</td> <td>1 cup MILK</td> <td>$\frac{3}{4}$ cup VEGGIE</td> </tr> <tr> <td>1 oz eq GRAIN</td> <td colspan="2">1 oz MEAT/ALTERNATE</td> </tr> </table> | $\frac{1}{2}$ cup FRUIT | 1 cup MILK | $\frac{3}{4}$ cup VEGGIE | 1 oz eq GRAIN | 1 oz MEAT/ALTERNATE | | <table border="1"> <tr> <td>2 $\frac{1}{2}$ cups FRUIT</td> <td>5 cups MILK</td> <td>3 $\frac{3}{4}$ cups VEGGIE</td> </tr> <tr> <td>8 oz eq GRAIN</td> <td colspan="2">8 oz MEAT/ALTERNATE</td> </tr> </table> | 2 $\frac{1}{2}$ cups FRUIT | 5 cups MILK | 3 $\frac{3}{4}$ cups VEGGIE | 8 oz eq GRAIN | 8 oz MEAT/ALTERNATE | |
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| Weekly Vegetable Requirements (Applies to all grades unless specified) |  dark green $\frac{1}{2}$ cup |  red/orange K-5/6-8: $\frac{3}{4}$ cup 9-12: 1 $\frac{1}{4}$ cup |  beans (legumes) $\frac{1}{2}$ cup |  starchy $\frac{1}{2}$ cup |  other K-5/6-8: $\frac{1}{2}$ cup 9-12: $\frac{3}{4}$ cup | <div style="border: 1px solid black; padding: 5px; text-align: center;"> Additional to meet weekly total </div> K-5/6-8: 1 cup 9-12: 1 $\frac{1}{2}$ cup | | | | | | | | |