

## Fruit

**K-12**

**Daily 1 cup**

**Weekly 5 cups**

No more than half of the weekly fruit offerings can be in the form of 100 percent fruit juice. Students must select 1/2 cup fruit and/or vegetable under OVS.

## Vegetables

**K-12**

**Daily Optional in place of fruit**

**Weekly Optional in place of fruit**

## Meat or Meat Alternate

**K-12**

**Daily Optional**

**Weekly Optional**

Optional in place of grains after one ounce equivalent of grain has been offered.

## Milk

**K-12**

**1 cup per day**

Low-fat (one percent) or fat free

## Nutrient Standards

**Daily Amount Based on Average 5-Day Week**

	K-5	6-8	9-12
<b>Min-Max calories</b>	350-500	400-550	450-600
<b>Sodium (mg)*</b>	540	600	640
<b>Saturated fat (% of total calories)</b>	<10	<10	<10

**Trans fat**

Nutrition label or manufacturer specifications must = 0g per serving

## Grains

	K-5	6-8	9-12
<b>Daily</b>	1	1	1
<b>Weekly</b>	7-10	8-10	9-10

Amounts are listed in ounce equivalents. All grain items offered must be whole grain rich. Daily/weekly minimums must be met.