

## 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												
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<b>Weekly Vegetable Requirements</b> <i>(Applies to all grades unless specified)</i>	 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;"> <b>Additional to meet weekly total</b> </div> K-5/6-8: 1 cup 9-12: 1 $\frac{1}{2}$ cup								