

Chart 1A**SCHOOL LUNCH PATTERNS****TRADITIONAL FOOD-BASED MENU PLANNING – Meal Pattern**

FOOD COMPONENTS AND FOOD ITEMS	MINIMUM QUANTITIES				RECOMMENDED QUANTITIES
	GROUP I AGES 1 and 2 PRESCHOOL	GROUP II AGES 3 and 4 PRESCHOOL	GROUP III AGES 5-8 GRADES K-3	GROUP IV AGE 9 AND OLDER GRADES 4-12	GROUP V AGE 12 AND OLDER GRADES 7-12
Milk , fluid (as a beverage)	6 fl oz (3/4 cup)	6 fl oz (3/4 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)
Meat or Meat Alternate ^{1, 2, 3, 4, 5} (quantity of the edible portion as served):					
Lean meat, poultry, or fish	1 oz	1-1/2 oz	1-1/2 oz	2 oz	3 oz
Alternate protein products ³	1 oz	1-1/2 oz	1-1/2 oz	2 oz	3 oz
Cheese	1 oz	1-1/2 oz	1-1/2 oz	2 oz	3 oz
Egg (large)	1/2 large egg	3/4 large egg	3/4 large egg	1 large egg	1-1/2 large eggs
Cooked dry beans or peas ⁴	1/4 cup	3/8 cup	3/8 cup	1/2 cup	3/4 cup
Peanut butter or other nut or seed butters	2 Tbsp	3 Tbsp	3 Tbsp	4 Tbsp	6 Tbsp
Yogurt, plain or flavored, unsweetened or sweetened - commercially prepared	4 oz or 1/2 cup	6 oz or 3/4 cup	6 oz or 3/4 cup	8 oz or 1 cup	12 oz or 1-1/2 cups
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above: Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 oz of nuts/seeds=1 oz of cooked lean meat, poultry, or fish) ⁵	1/2 oz = 50% ⁶	3/4 oz = 50% ⁶	3/4 oz = 50%	1 oz = 50%	1-1/2 oz = 50%
Vegetable or Fruit ^{4, 6} Two or more servings of different vegetables, fruits, or both	1/2 cup	1/2 cup	1/2 cup	3/4 cup	3/4 cup
Grains/Breads ⁷ (Servings per week): Must be enriched or whole-grain or made from enriched or whole-grain flour or meal that may include bran and/or germ. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products, or cereal grains.	5 per week ⁸ -minimum of 1/2 per day	8 per week ⁸ -minimum of 1 per day	8 per week ⁸ -minimum of 1 per day	8 per week ⁸ -minimum of 1 per day	10 per week ⁸ -minimum of 1 per day

¹ Must be served in the main dish or the main dish plus only one other menu item.² Enriched macaroni with fortified protein may be used to meet part of the meat or meat alternate requirement.³ Alternate protein products must meet the requirements in Appendix A of 7 CFR Part 210.⁴ Cooked dry beans or peas may be used as a meat alternate or as a vegetable, but not as both components in the same meal.⁵ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.⁶ No more than one-half of the total requirement may be met with full-strength fruit or vegetable juice.⁷ Enriched macaroni with fortified protein may be used as a meat alternate or as a grains/breads item, but not as both components in the same meal.⁸ For the purposes of this chart, a week equals 5 school days.