

### Grain

	K-5	6-8	9-12
<b>Daily</b>	1	1	2
<b>Weekly</b>	8-9	8-10	10-12

Amounts listed in ounce equivalents. 80% of the grains served per menu line per week must meet whole grain-rich (WGR) criteria (at least 50% whole grain by weight, the rest enriched grain). Items that are not WGR must be enriched.

### Meat/Meat Alternate

	K-5	6-8	9-12
<b>Daily</b>	1	1	2
<b>Weekly</b>	8-10	9-10	10-12

Amounts listed in ounce equivalents.

### Fruit

	K-5	6-8	9-12
<b>Daily</b>	½	½	1
<b>Weekly</b>	2 ½	2 ½	5

Amounts listed in cups. Includes fresh, dried (¼ cup dried = ½ cup), frozen (no added sugar), canned in juice or light syrup or 100% juice. No more than half of the weekly fruit served may be in the form of 100% juice.

### Nutrient Standards

Daily Amount Based on Average 5-Day Week			
	K-5	6-8	9-12
<b>Min-Max calories</b>	550-650	600-700	750-850
<b>Sodium (mg)</b>	≤1110	≤1225	≤1280
<b>Saturated fat (% of total calories)</b>	<10	<10	<10
<b>Trans fat</b>	0 gram per serving		

### Vegetable

	K-5	6-8	9-12
<b>Daily</b>	¾	¾	1
<b>Weekly</b>	3 ¾	3 ¾	5

Amounts listed in cups. See vegetable subgroup requirements on page two.

### Milk

**1 cup per day**

**5 cups per week**

Low-fat (1%) or fat-free (skim) fluid milk. Two varieties must be offered daily, and one choice must be unflavored.

*Not all vegetables are listed. See USDA Food Buying Guide for Child Nutrition Programs for more creditable vegetable options.*

### Dark Green

Arugula	Dark Green Leafy Lettuce	Romaine Lettuce
Bok Choy	Leafy Lettuce	Spinach
Broccoli	Kale	Swiss Chard
Collard Greens	Mustard Greens	

1 cup uncooked leafy green = ½ cup vegetable

### Weekly Subgroup Requirements

	K-5	6-8	9-12
<b>Dark Green</b>	½	½	½
<b>Red/Orange</b>	¾	¾	1 ¼
<b>Beans/Peas</b>	½	½	½
<b>Starchy</b>	½	½	½
<b>Other</b>	½	½	¾
<b>Additional needed to reach weekly total</b>	<b>1</b>	<b>1</b>	<b>1 ½</b>

Amounts listed in cups. The weekly portion of Other vegetables may come from Dark Green, Red/Orange, Beans/Peas or Other subgroups.

### Red/Orange

Acorn Squash	Red Peppers
Butternut Squash	Sweet Potato
Carrots	Tomatoes
Pumpkin	Tomato Sauce

### Beans/Peas/Legumes

Black Beans	Lentils
Chickpeas (Garbanzo)	Pinto Beans
Edamame (Fresh Soy Beans)	Refried Beans
Kidney Beans	Split Peas
	White Beans

### Starchy

Corn	Parsnips
Green Peas	Plantains
Hominy (canned)	Potatoes
Jicama	Water Chestnuts
Lima Beans	

### Other

Asparagus	Beets	Celery	Lettuce (Iceberg)	Snow Peas
Avocado	Brussels Sprouts	Cucumber	Mushrooms	Sugar Snap Peas
Baby corn	Cabbage	Eggplant	Onions	Turnips
Bell Pepper, Green or Yellow	Cauliflower	Green Beans	Radishes	Wax Beans
		Kohlrabi	Summer Squash	Zucchini