

Grains

	K-5	6-8	9-12
Daily	1	1	2
Weekly	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.

[Grains Crediting Tip Sheet](https://fns.usda.gov/tn/cn/crediting-tipsheets/grains)
fns.usda.gov/tn/cn/crediting-tipsheets/grains

Meats/Meat Alternates

	K-5	6-8	9-12
Daily	1	1	2
Weekly	8-10	9-10	10-12

Amounts listed in ounce equivalents.

[Meats/Meat Alternates Crediting Tip Sheet](https://fns.usda.gov/tn/cn/crediting-tipsheets/mma)
fns.usda.gov/tn/cn/crediting-tipsheets/mma

Fruits

	K-5	6-8	9-12
Daily	1/2	1/2	1
Weekly	2 1/2	2 1/2	5

Amounts listed in cups. No more than half of the weekly fruit served may be in the form of 100% juice.

[Fruit Crediting Tip Sheet](https://fns.usda.gov/tn/cn/crediting-tipsheets/fruits)
fns.usda.gov/tn/cn/crediting-tipsheets/fruits

Nutrient Standards

Daily Amount Based on Average 5-Day Week			
	K-5	6-8	9-12
Min-Max Calories	550-650	600-700	750-850
Sodium (mg)	≤ 1110	≤ 1225	≤ 1280
Saturated Fats (% of total cals)	< 10		
Added Sugars	Product-Based Limits ¹		

Vegetables

	K-5	6-8	9-12
Daily	3/4	3/4	1
Weekly	3 3/4	3 3/4	5

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

[Vegetable Crediting Tip Sheet](https://fns.usda.gov/tn/cn/crediting-tipsheets/vegetables)
fns.usda.gov/tn/cn/crediting-tipsheets/vegetables

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.

[Milk Crediting Tip Sheet](https://fns.usda.gov/tn/cn/crediting-tipsheets/milk)
fns.usda.gov/tn/cn/crediting-tipsheets/milk

¹Product-based added sugar limits: Breakfast Cereals: no more than 6 grams of added sugar per dry ounce. Yogurt: No more than 12 grams of added sugar per 6 ounces. Flavored Milk: No more than 10 grams of added sugar per 8 fluid ounces (1 cup).

Vegetable Subgroups: Weekly Requirements and Examples

Dark Green

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

1 cup uncooked leafy green = 1/2 cup veg

Beans/Peas/Lentils

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

Weekly Subgroup Requirements

	K-5	6-8	9-12
Dark Green	1/2	1/2	1/2
Red/Orange	3/4	3/4	1 1/4
Beans/Lentils	1/2	1/2	1/2
Starchy	1/2	1/2	1/2
Other	1/2	1/2	1/2
Additional to reach weekly total	1	1	1 1/2

Amounts listed in cups. The weekly portion of other vegetables may come from Dark Green, Red/Orange, Beans/Lentils or Other subgroup. Additional may be from any subgroup.

Red/Orange

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

Starchy

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

Other

Asparagus
Avocado
Baby Corn
Bell Pepper (Green or Yellow)

Beets
Brussels Sprouts
Cabbage
Cauliflower
Celery

Cucumber
Eggplant
Green Beans
Kohlrabi
Lettuce (Iceberg)

Mushrooms
Onions
Radishes
Summer Squash
Snow Peas

Sugar Snap Peas
Turnips
Wax Beans
Zucchini

See the U.S. Department of Agriculture (USDA) [Food Buying Guide](https://www.ams.usda.gov/foodbuyingguide) for more information.

[foodbuyingguide.fns.usda.gov](https://www.ams.usda.gov/foodbuyingguide)

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