

Lunch Meal Pattern

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FRUITS	Grades K-5		Grades 6-8		Grades 9-12	
Meal Pattern	Per Week	Min Per Day	Per Week	Min Per Day	Per Week	Min Per Day
Fruits (cups)	2.5	0.5	2.5	0.5	5	1
VEGETABLES	Grades K-5		Grades 6-8		Grades 9-12	
Meal Pattern	Per Week	Min Per Day	Per Week	Min Per Day	Per Week	Min Per Day
Vegetables (cups)	3.75	0.75	3.75	0.75	5	1
• Dark green	0.5		0.5		0.5	
• Red/Orange	0.75		0.75		1.25	
• Beans/Peas (Legumes)	0.5		0.5		0.5	
• Starchy	0.5		0.5		0.5	
• Other	0.5		0.5		0.75	
Additional Veg to Reach Total	1		1		1.5	
MEATS	Grades K-5		Grades 6-8		Grades 9-12	
Meal Pattern	Per Week	Min Per Day	Per Week	Min Per Day	Per Week	Min Per Day
Meats/Meat Alternates (oz eq)	8-10	1	9-10	1	10-12	2
GRAINS	Grades K-5		Grades 6-8		Grades 9-12	
Meal Pattern	Per Week	Min Per Day	Per Week	Min Per Day	Per Week	Min Per Day
Grains (oz eq)	8-9	1	8-10	1	10-12	2
ALL GRAINS MUST BE WHOLE GRAIN-RICH						
MILK	Grades K-5		Grades 6-8		Grades 9-12	
Meal Pattern	Per Week	Min Per Day	Per Week	Min Per Day	Per Week	Min Per Day
Fluid milk (cups)	5	1	5	1	5	1