

## Lunch/Supper Meal Pattern and Dietary Specifications

	Pre-K (Ages 3-5)	Grades K-5	Grades 6-8	Grades 9-12
<b>Lunch/Supper Meal Pattern</b>	Amount of Food Per Week (Minimum Per Day)			
<b>Fruits (cups)</b>	(.25)			5 (1)
<b>Vegetables (cups)</b>	(.25)	3.75 (.75)	3.75 (.75)	5 (1)
<b>Dark green</b>	-	.5	.5	.5
<b>Red/Orange</b>	-	.75	.75	1.25
<b>Beans, Peas, Lentils</b>	-	.5	.5	.5
<b>Starchy</b>	-	.5	.5	.5
<b>Other</b>	-	.5	.5	.75
<b>Additional Vegetables</b>	-	1	1	1.5
<b>Grains (oz. eq.)</b>	(.5)	8 (1)	8 (1)	10 (2)
<b>Meats/Meat Alternates (oz. eq.)</b>	(1.5)	8 (1)	9 (1)	10 (2)
<b>Fluid Milk (cups)</b>	(.75)	5 (1)	5 (1)	5 (1)
<b>Dietary Specifications</b>	-	Daily Amount Based on the Average for a 5-Day Week		
<b>Min-Max Calories (kcal)</b>	-	550-650		750-850
<b>Saturated Fat (% of total calories)</b>	-	< 10	< 10	< 10
<b>Sodium Target 1A (mg)</b>	-	≤ 1110	≤ 1225	≤ 1280