

Lunch/Supper Meal Pattern and Dietary Specifications

	Pre-K (Ages 3-5)	Grades K-5	Grades 6-8	Grades 9-12
Lunch/Supper Meal Pattern	Amount of Food Per Week (Minimum Per Day)			
Fruits (cups)	(.25)	2.5 (.5)	2.5 (.5)	5 (1)
Vegetables (cups)	(.25)	3.75 (.75)	3.75 (.75)	5 (1)
Dark green	-	.5	.5	.5
Red/Orange	-	.75	.75	1.25
Beans/Peas (Legumes)	-	.5	.5	.5
Starchy	-	.5	.5	.5
Other	-	.5	.5	.75
Additional Vegetables	-	1	1	1.5
Grains (oz. eq.)	(.5)	8 (1)	8 (1)	10 (2)
Meats/Meat Alternates (oz. eq.)	(1.5)	8 (1)	9 (1)	10 (2)
Fluid Milk (cups)	(.75)	5 (1)	5 (1)	5 (1)
Dietary Specifications	-	Daily Amount Based on the Average for a 5-Day Week		
Min-Max Calories (kcal)	-	550-650	600-700	750-850
Saturated Fat (% of total calories)	-	< 10	< 10	< 10
Sodium Target 1A (mg) SY 23-24	-	≤ 1110	≤ 1225	≤ 1280
Trans Fat	-	Zero grams of trans fat per serving.		