

Lunch Meal Pattern Requirements

Grade Group	Daily Minimum	Weekly Requirements						
K-5	<div style="display: flex; justify-content: space-around; border: 1px solid black; border-radius: 15px; padding: 5px;"> <div style="border: 1px solid black; padding: 5px; text-align: center;">½ cup FRUIT</div> <div style="border: 1px solid black; padding: 5px; text-align: center;">1 cup MILK</div> <div style="border: 1px solid black; padding: 5px; text-align: center;">¾ cup VEGGIE</div> </div> <div style="display: flex; justify-content: space-around; border: 1px solid black; border-radius: 15px; padding: 5px; margin-top: 5px;"> <div style="border: 1px solid black; padding: 5px; text-align: center;">1 oz GRAIN (WGR)</div> <div style="border: 1px solid black; padding: 5px; text-align: center;">1 oz MEAT/MEAT ALT</div> </div>	<div style="display: flex; justify-content: space-around; border: 1px solid black; border-radius: 15px; padding: 5px;"> <div style="border: 1px solid black; padding: 5px; text-align: center;">2 ½ cups FRUIT</div> <div style="border: 1px solid black; padding: 5px; text-align: center;">5 cups MILK</div> <div style="border: 1px solid black; padding: 5px; text-align: center;">3 ¾ cup VEGGIE</div> </div> <div style="display: flex; justify-content: space-around; border: 1px solid black; border-radius: 15px; padding: 5px; margin-top: 5px;"> <div style="border: 1px solid black; padding: 5px; text-align: center;">8 oz GRAIN (WGR)</div> <div style="border: 1px solid black; padding: 5px; text-align: center;">8 oz MEAT/MEAT ALT</div> </div>						
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9-12	<div style="display: flex; justify-content: space-around; border: 1px solid black; border-radius: 15px; padding: 5px;"> <div style="border: 1px solid black; padding: 5px; text-align: center;">1 cup FRUIT</div> <div style="border: 1px solid black; padding: 5px; text-align: center;">1 cup MILK</div> <div style="border: 1px solid black; padding: 5px; text-align: center;">1 cup VEGGIE</div> </div> <div style="display: flex; justify-content: space-around; border: 1px solid black; border-radius: 15px; padding: 5px; margin-top: 5px;"> <div style="border: 1px solid black; padding: 5px; text-align: center;">2 oz GRAIN (WGR)</div> <div style="border: 1px solid black; padding: 5px; text-align: center;">2 oz MEAT/MEAT ALT</div> </div>	<div style="display: flex; justify-content: space-around; border: 1px solid black; border-radius: 15px; padding: 5px;"> <div style="border: 1px solid black; padding: 5px; text-align: center;">5 cups FRUIT</div> <div style="border: 1px solid black; padding: 5px; text-align: center;">5 cups MILK</div> <div style="border: 1px solid black; padding: 5px; text-align: center;">5 cups VEGGIE</div> </div> <div style="display: flex; justify-content: space-around; border: 1px solid black; border-radius: 15px; padding: 5px; margin-top: 5px;"> <div style="border: 1px solid black; padding: 5px; text-align: center;">10 oz GRAIN (WGR)</div> <div style="border: 1px solid black; padding: 5px; text-align: center;">10 oz MEAT/MEAT ALT</div> </div>						
Weekly Vegetable Requirements <i>(applies to all grades unless specified)</i>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; padding: 5px; text-align: center;"><u>Dark Green</u> ½ Cup</td> <td style="border: 1px solid black; padding: 5px; text-align: center;"><u>Red/Orange</u> K-8: ¾ cup 9-12: 1¼ cup</td> <td style="border: 1px solid black; padding: 5px; text-align: center;"><u>Beans/Legumes</u> ½ cup</td> </tr> </table>	<u>Dark Green</u> ½ Cup	<u>Red/Orange</u> K-8: ¾ cup 9-12: 1¼ cup	<u>Beans/Legumes</u> ½ cup	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; padding: 5px; text-align: center;"><u>Starchy</u> ½ cup</td> <td style="border: 1px solid black; padding: 5px; text-align: center;"><u>Other</u> K-8: ½ cup 9-12: ¾ cup</td> <td style="border: 1px solid black; padding: 5px; text-align: center;"><u>Additional to meet weekly total</u> K-8: 1 cup 9-12: 1 ½ cup</td> </tr> </table>	<u>Starchy</u> ½ cup	<u>Other</u> K-8: ½ cup 9-12: ¾ cup	<u>Additional to meet weekly total</u> K-8: 1 cup 9-12: 1 ½ cup
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Half of the grains must be whole grain rich (WGR)

Other Specifications: Daily amount based on the average for a 5-day week	K-5	K-8	6-8	9-12
Min-Max Calories	550-650	600-650	600-700	750-850
Saturated Fat (% of total calories)	<10%	<10%	<10%	<10%
Sodium (mg)	≤640	≤640	≤710	≤740
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving			

If on Offer versus Serve (OVS) → Student must select 3 out of the 5 components. This includes ½ cup of fruit or vegetable AND at least 2 other full components.