

Lunch			
Menu Pattern	Kindergarten through 5	6-8	9-12
Calories	550-650	600-700	750-850
Saturated Fats	<10% of total calories	<10% of total calories	<10% of total calories
Sodium	<1300 mg	<1300 mg	<1300 mg
Trans Fat	0	0	0
Fruits	1/2 c. daily - 2.5 c weekly	1/2 c. daily - 2.5 c weekly	1 c. daily - 5 c weekly
Vegetables	3/4 c. daily - 3.75 weekly	3/4 c. daily - 3.75 weekly	1 c. daily - 5 c weekly
Dark Green	1/2 c. weekly	1/2 c. weekly	1/2 c. weekly
Red/Orange	3/4 c. weekly	3/4 c. weekly	1-1/4 c. weekly
Beans/Peas (legumes)	1/2 c. weekly	1/2 c. weekly	1/2 c. weekly
Starchy	1/2 c. weekly	1/2 c. weekly	1/2 c. weekly
Other	1/2 c. weekly	1/2 c. weekly	3/4 c. weekly
Additional Veg. to meet minimum weekly requirement	1 cup	1 cup	1-1/2 cup
Grains	1 (16gr) daily 8-9 weekly	1 (16gr) daily 8-10 weekly	2 (16gr) daily 10-12 weekly
Meat/Meat Alt.	1 oz. minimum daily 8-10 oz. weekly	1 oz. minimum daily 9-10 oz. weekly	2 oz. minimum daily 10-12 oz. weekly
Milk	8 oz. daily	8 oz. daily	8 oz. daily
In order to claim reimbursement for each meal, students must take a minimum of three different items offered. One of which must be 1/2 cup vegetable.			
Example: Menu is Chicken patty sandwich, Jambalaya, Broccoli, Wax Beans, lettuce, fruit and milk.			
a reimbursable meal, according to USDA standard, is a sandwich, 1/2 c. of any combination of vegetable only.			
The bun is the bread/grain offering, the chicken patty is the meat/meat alternative and bread and the third is the vegetable.			