

SCHOOL NUTRITION INFORMATION LUNCH

The Following Chart demonstrates the Meal Pattern Requirements for our **LUNCH** Program

	Grades K-5	Grades 6-8	Grades 9-12
Calories	350-500 p/meal	400-550 p/meal	450-600 p/meal
Fruit	1/2 cup p/day	1/2 cup p/day	1 cup p/day
Grains	7 -10 p/week 1 per day min.	8-10 per week 1 per day min.	9-10 p/week 1 per day min.
Milk	1 cup p/day	1 cup p/day	1 cup p/day
Sodium (average over week)	≤ 540 mg (target 1)	≤ 600 mg (target 1)	≤ 640 mg (target 1)
Saturated Fats	< 10% of Calories	< 10% of Calories	< 10% of Calories

In addition the following requirements speak specifically to **Vegetables**

	Grades K-5	Grades 6-8	Grades 9-12
Total Vegetables	3 ¾ cups p/week ¾ cup min p/day	3 ¾ cups p/week ¾ cup min p/day	5 cups p/week 1 cup p/day
Dark Green	½ cup p/week	½ cup p/week	½ cup p/week
Red/Orange	¾ cup p/week	¾ cup p/week	1 ¼ cup p/week
Beans/peas (legumes)	½ cup p/ week	½ cup p/ week	½ cup p/ week
Starchy	½ cup p/week	½ cup p/week	1/2 cup p/week
Other	½ cup p/week	½ cup p/week	3/4 cup p/week
Additional Vegetable to reach total	1 cup p/week	1 cup p/week	1 ½ cup p/week

Additionally, there is also a requirement for **Meats/Meats Alternates**.

	Grades K-5	Grades 6-8	Grades 9-12
Meat/Meat Alternate	8 – 10 oz p/week 1 oz min p/day	9 – 10 oz p/week 1 oz min p/day	10 – 12 oz p/week 2 oz min p/day