

### National School Lunch Program Meal Pattern

Food Group	Requirements k-12
Fruit and Vegetables	3/4-1 Cup of vegetables plus 1/2-1 cup of fruit per day  Note: Students are allowed to select 1/2 cup fruit or vegetable under Offer vs. Serve
Vegetables	Weekly Requirement for : *Dark Green *Red/Orange *Beans/Peas (Legumes) *Starchy *Other (as defined in 2010 Dietary Guidelines)
Meat/Meat Alternate	Daily minimum and weekly rangers:  Grades K-5: 1oz eq. min. daily (8-10 oz weekly)  Grades 6-8: 1 oz eq. min. daily (9-10 oz weekly) Grades 9-12: 2oz eq. min. daily (10-12 oz weekly)
Grains	Daily minimum and weekly rangers:  Grades K-5: 1 oz eq. min. daily (8-9 oz weekly)  Grades 6-8: 1 oz eq. min. daily (8-10 oz weekly) Grades 9-12: 2oz eq. min. daily (10-12 oz weekly)
Whole Grains	All grains must be whole grain rich.
Milk	1 Cup Must be fat-free(unflavored/flavored) or 1% low fat (unflavored)

Students must be offered all 5 components.

A reimbursable tray must contain at least 3 of the 5 components AND one of the three must be a minimum of 1/2 cup of fruit or vegetable.