

Grain

	K-5	6-8	9-12
Daily	1	1	2
Weekly	8-9	8-10	10-12

Amounts listed in ounce equivalents. Eighty percent of the grains served per menu line per week must meet whole grain-rich (WGR) criteria (at least 50 percent whole grain by weight, the rest enriched grain). Items that are not WGR must be enriched.

Meat/Meat Alternate

	K-5	6-8	9-12
Daily	1	1	2
Weekly	8-10	9-10	10-12

Amounts listed in ounce equivalents.

Fruit

	K-5	6-8	9-12
Daily	½	½	1
Weekly	2 ½	2 ½	5

Amounts listed in cups. Includes fresh, dried (¼ cup dried = ½ cup), frozen (no added sugar), canned in juice or light syrup, or 100 percent juice. No more than half of the weekly fruit served may be in the form of 100 percent juice.

Nutrient Standards

Daily Amount Based on Average 5-Day Week			
	K-5	6-8	9-12
Min-Max calories	550-650	600-700	750-850
Sodium (mg)	≤1230	≤1360	≤1420
Saturated fat (% of total calories)	<10	<10	<10
Trans fat	0 gram per serving		

Vegetable

N/A	K-5	6-8	9-12
Daily	¾	¾	1
Weekly	3 ¾	3 ¾	5

Amounts listed in cups. See vegetable subgroup requirements on page two.

Milk

1 cup per day

5 cups per week

Low-fat (1%) or fat-free (skim) fluid milk. Two varieties must be offered daily, and one choice must be unflavored.

Dark Green

Arugula	Green Leaf Lettuce	Mustard Greens
Bok Choy	Kale	Spinach
Broccoli	Romaine Lettuce	
Chard		
Collard Greens		

1 cup uncooked leafy green = ½ cup vegetable

Beans/Peas

Black Beans	Pinto Beans
Chickpeas (Garbanzo)	Refried Beans
Kidney Beans	Soy (Edamame)
Lentils	Split Peas
	White Beans

Weekly Subgroup Requirements

	K-5	6-8	9-12
Dark Green	½	½	½
Red/Orange	¾	¾	1 ¼
Beans/Peas	½	½	½
Starchy	½	½	½
Other	½	½	¾
Additional needed to reach weekly total	1	1	1 ½

Amounts listed in cups. The weekly portion of Other vegetables may come from Dark Green, Red/Orange, Beans/Peas or Other subgroups.

Red/Orange

Acorn Squash	Red Peppers
Butternut Squash	Sweet Potato
Carrots	Tomatoes
Pumpkin	Tomato Sauce

Starchy

Corn	Parsnips
Green Peas	Plantains
Hominy (whole)	Potatoes
Jicama	Water Chestnuts
Lima Beans (immature)	

Other

Asparagus	Cabbage	Green Beans	Onions	Turnips
Avocado	Cauliflower	Green Peppers	Radishes	Wax Beans
Baby corn	Celery	Kohlrabi	Summer Squash	Zucchini
Beets	Cucumber	Lettuce (Iceberg)	Snow Peas	
Brussels Sprouts	Eggplant	Mushrooms	Sugar Snap Peas	