

Lunch Meal Pattern Grades 6-8

Meal Pattern	Amount of Food Per Week (Minimum Per Day)
Fruit (cups)	2.5 (0.5)
Vegetables (cups)	3.75 (0.75)
Dark green	0.5
Red/Orange	0.75
Beans and peas (legumes)	0.5
Starchy	0.5
Other	0.5
Additional Veg to Reach Total	1
Grains (oz eq)	8-10 (1)
Meats/Meat Alternates (oz eq)	9-10 (1)
Fluid milk (cups)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week	
Min-max calories (kcal)	600-700 kcal
Saturated fat (% of total calories)	≤10
Sodium (mg)	≤710
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of <u>trans</u> fat per serving.

How To Know if a Product is Whole Grain

- ✓ At least 50% of the grains are whole grain.
- ✓ All grains in the product are enriched or whole.
- ✓ Whole grain is the primary ingredient by weight or primary grain ingredient by weight

Vegetable Subgroups

- Dark green (broccoli, collard greens, spinach)
- Red/Orange (carrots, sweet potatoes)
- Beans/Peas (Legumes), (kidney beans, lentils)
- Starchy (corn, green peas, white potatoes)
- Other (onions, green beans, cucumbers)

*This organization is an equal opportunity employer and provider