

Lunch Meal Pattern Grades 9-12

Meal Pattern	Amount of Food Per Week (Minimum Per Day)
Fruit (cups)	5 (1)
Vegetables (cups)	5 (1)
Dark green	0.5
Red/Orange	1.25
Beans and peas (legumes)	0.5
Starchy	0.5
Other	0.75
Additional Veg to Reach Total	1
Grains (oz eq)	10-12 (1)
Meats/Meat Alternates (oz eq)	10-12 (1)
Fluid milk (cups)	5 (1)
Other Specifications: Daily Amount Based on the Average for a 5-Day Week	
Min-max calories (kcal)	750-850 kcal
Saturated fat (% of total calories)	≤10
Sodium (mg)	≤740
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.