

Food Based Lunch Requirements

ps 40-49

Meal Components	Required		Optional Grades K - 3 <small>K-4</small>
	Grades K - 6	Grades 7 - 12 <small>5-8</small>	
Meat/Meat Alternate	2 oz.	2 oz.	1 1/2 oz.
Fruit/Vegetable	3/4 cup + 1/2 cup per week 4-1/4 cups per week	1 cup	3/4 cup
Grain/Breads	1 unit per day 12 units per week	1 unit per day 15 units per week	1 unit per day 10 units per week
Milk	8 fluid oz.	8 fluid oz.	8 fluid oz.

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