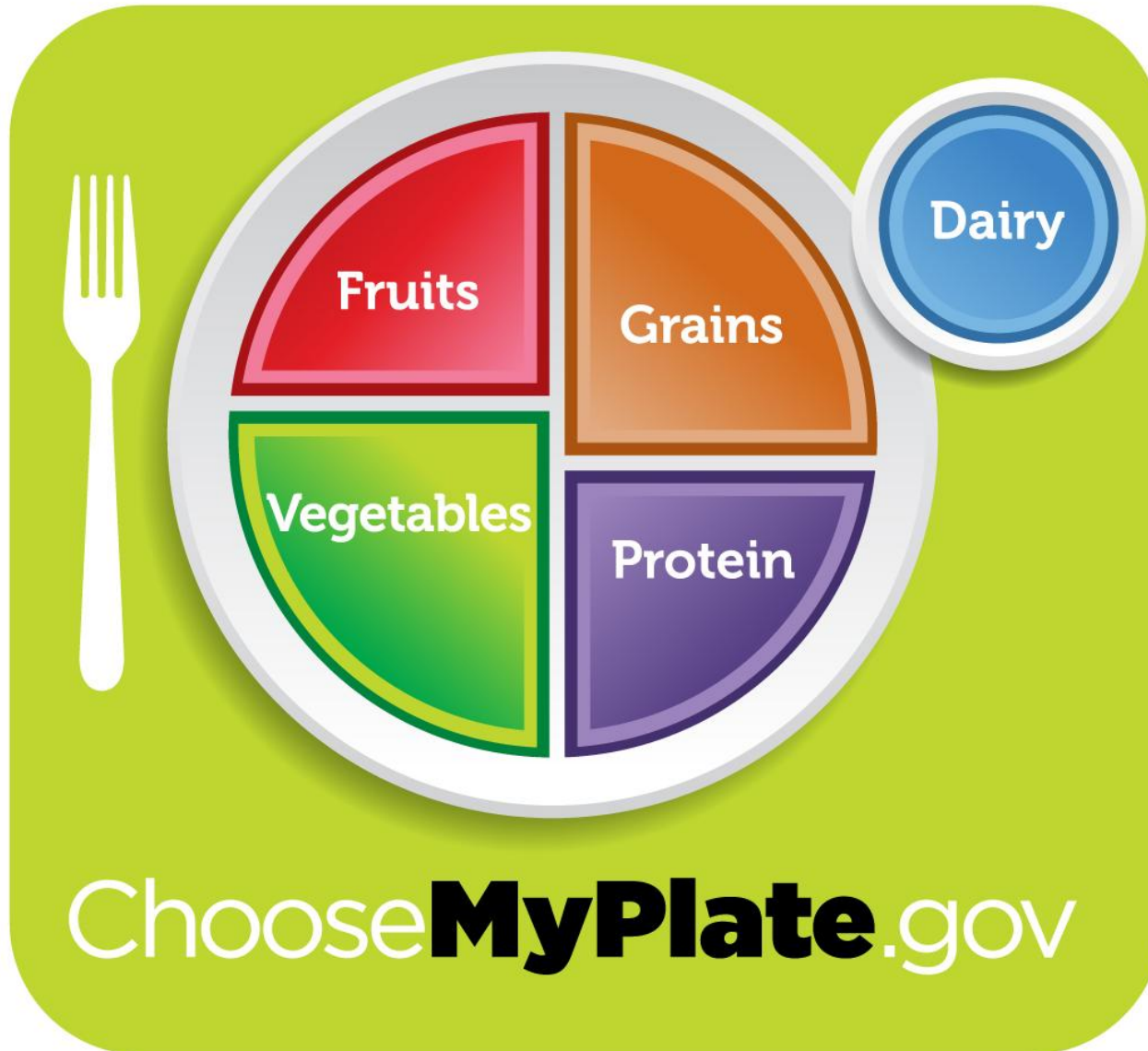


Lunch Meal Grades 6-8



Minimum amount of food per day or week	
FRUITS	½ cup per day
VEGETABLES	¾ cup per day (3 ¾ cups per week)
* Dark Green	½ cup per week
* Red/Orange	¾ cups per week
* Beans/Peas (Legumes)	½ cup per week
* Starchy (green peas, corn, white potatoes)	½ cup per week
* Other	½ cup per week
Additional veg to reach total	1 cup per week
GRAINS (>50 percent must be whole-grain rich)	1 equiv per day; 8-10 per week
MEATS/MEAT ALTERNATES	2 oz. equiv per day; 9-10 oz. per week
FLUID MILK	1 cup per day

Students need to choose a fruit/vegetable or a combination of both to receive the 'complete' meal price.