Lunch Meal Grades 6-8

Minimum amount of food per day or week

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>FRUITS</td>
<td>½ cup per day</td>
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<tr>
<td>VEGETABLES</td>
<td>¾ cup per day</td>
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<tr>
<td></td>
<td>(3 ¾ cups per week)</td>
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<tr>
<td>* Dark Green</td>
<td>½ cup per week</td>
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<tr>
<td>* Red/Orange</td>
<td>¾ cups per week</td>
</tr>
<tr>
<td>* Beans/Peas (Legumes)</td>
<td>½ cup per week</td>
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<tr>
<td>* Starchy (green peas, corn, white potatoes)</td>
<td>½ cup per week</td>
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<tr>
<td>* Other</td>
<td>½ cup per week</td>
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<tr>
<td>Additional veg to reach total</td>
<td>1 cup per week</td>
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<tr>
<td>GRAINS (&gt;50 percent must be whole-grain rich)</td>
<td>1 equiv per day; 8-10 per week</td>
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<tr>
<td>MEATS/MEAT ALTERNATES</td>
<td>2 oz. equiv per day; 9-10 oz. per week</td>
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<tr>
<td>FLUID MILK</td>
<td>1 cup per day</td>
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</tbody>
</table>

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