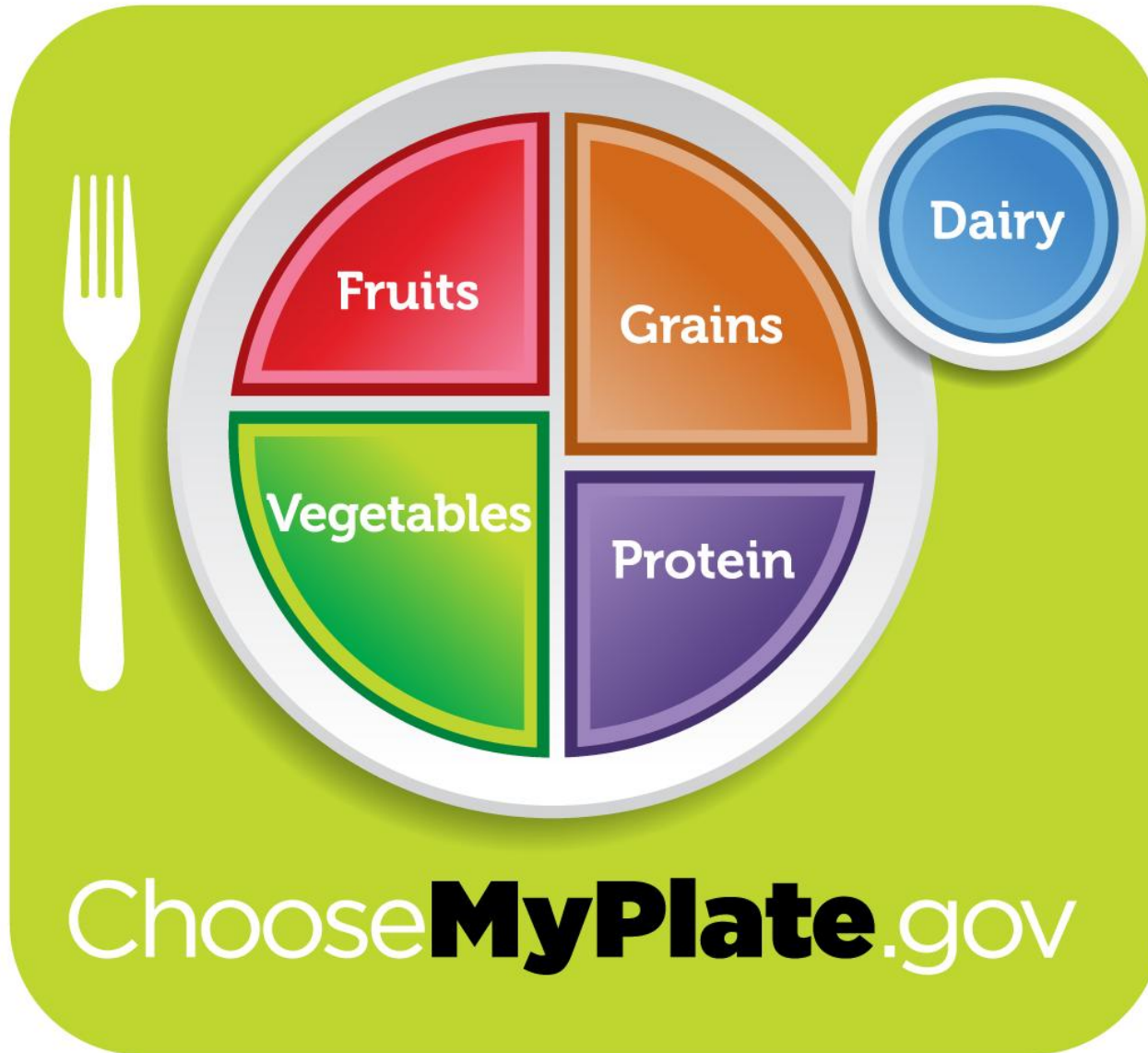


# Lunch Meal Grades 9-12



Minimum amount of food per day or week	
FRUITS	1 cup per day
VEGETABLES	1 cup per day (5 cups per week)
* <b>Dark Green</b>	½ cup per week
* <b>Red/Orange</b>	1¼ cups per week
* <b>Beans/Peas</b> (Legumes)	½ cup per week
* <b>Starchy</b> (green peas, corn, white potatoes)	½ cup per week
* <b>Other</b>	¾ cup per week
<b>Additional veg to reach total</b>	1½ cups per week
<b>GRAINS</b> (>50 percent must be whole-grain rich)	<b>2 equiv per day; 10-12 per week</b>
<b>MEATS/MEAT ALTERNATES</b>	<b>2 oz. equiv per day; 10-12 oz. per week</b>
<b>FLUID MILK</b>	<b>1 cup per day</b>

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