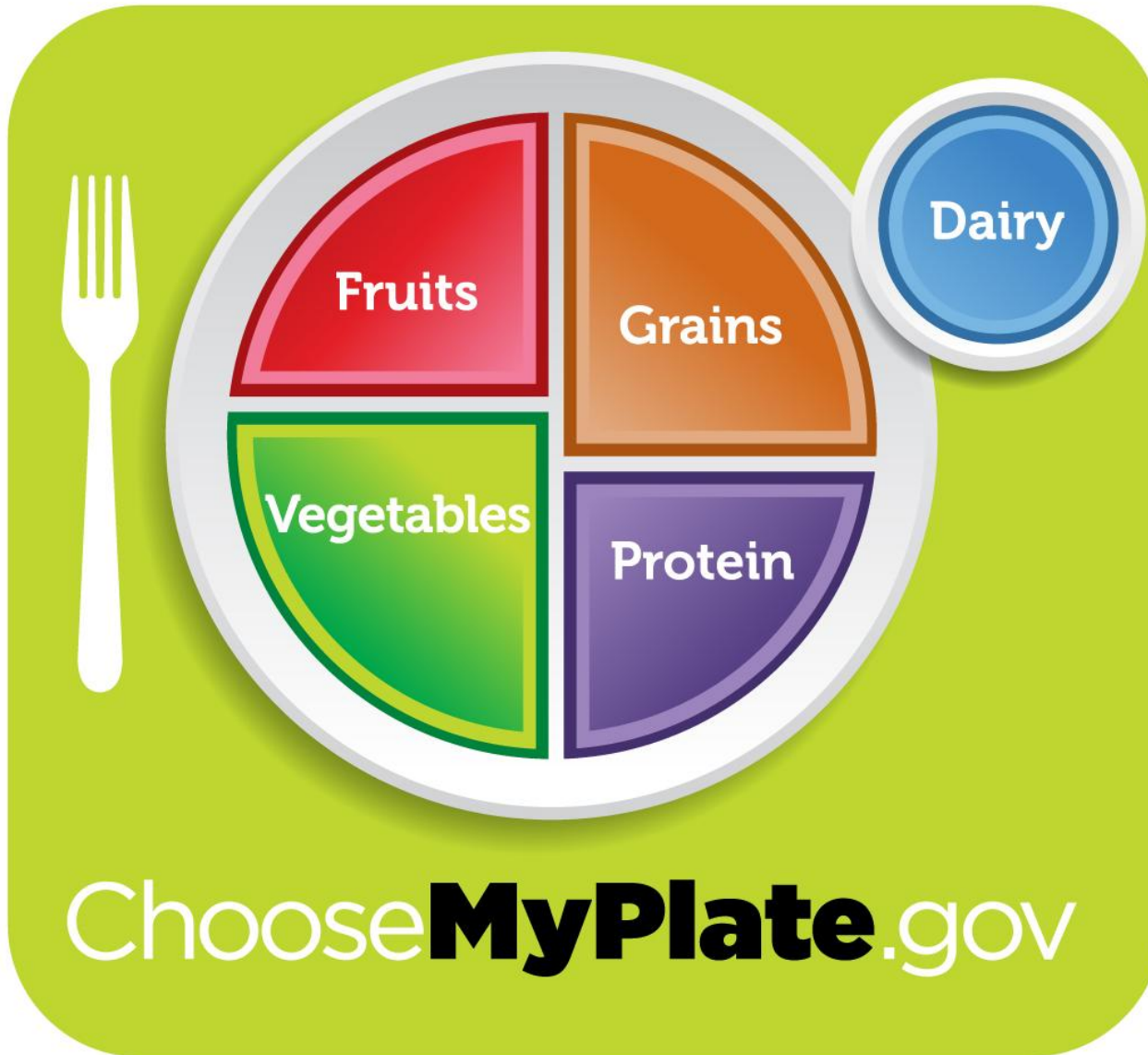


# Lunch Meal Grades K-8



Minimum amount of food per day or week	
FRUITS	½ cup per day
VEGETABLES	¾ cup per day (3 ¾ cups per week)
* <b>Dark Green</b>	½ cup per week
* <b>Red/Orange</b>	¾ cups per week
* <b>Beans/Peas (Legumes)</b>	½ cup per week
* <b>Starchy (green peas, corn, white potatoes)</b>	½ cup per week
* <b>Other</b>	½ cup per week
<b>Additional veg to reach total</b>	1 cup per week
<b>GRAINS</b> (>50 percent must be whole-grain rich)	(Grades K-5) <b>1 equiv per day; 8-10 per week</b> (Grades 6-8) <b>1 equiv per day; 8-10 per week</b>
<b>MEATS/MEAT ALTERNATES</b>	(Grades K-5) <b>1 oz. equiv per day; 8-10 oz. per week</b> (Grades 6-8) <b>1 oz. equiv per day; 9-10 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.