

SY 2014-2015	Grades K - 5	Grades 6 - 8	Grades 9 - 12
Breakfast Amount of Food per Week/minimum per day			
Milk	1 cup daily	1 cup daily	1 cup daily
Fruit	1 cup daily (only 1/2 can be juice)	1 cup daily (only 1/2 can be juice)	1 cup daily (only 1/2 can be juice)
Grains (oz eq) (all whole grain-rich)	1 oz. per day; 7 - 10 weekly	1 oz. per day; 8 - 10 weekly	1 oz. per day; 9 - 10 weekly
Based on Week's Average			
Calories	350 - 500	400 - 550	450 - 600
Saturated Fat (% of total calories)	< 10 g.	< 10 g.	Less than 10 g.
Sodium (mg)	≤ 540 mg	≤ 600mg	≤ 640 mg
Trans Fat <i>nutrition label must specify zero grams of trans fat per serving</i>	0 grams per serving	0 grams per serving	0 grams per serving
Lunch Amount of Food per Week/minimum per day			
Milk	1 cup daily	1 cup daily	1 cup daily
Fruit	1/2 cup daily (2.5 weekly)	1/2 cup daily (2.5 weekly)	1 cup daily (5 weekly)
Vegetable (larger amounts may be served)	<u>3/4 cup daily</u> (3 3/4 cups weekly) • Dark green = 1/2 cup weekly • Red/Orange = 3/4 cup weekly • Legumes = 1/2 cup weekly • Starchy = 1/2 cup weekly • Other = 1/2 cup weekly Additional Veggies to reach week's total = 1	<u>3/4 cup daily</u> (3 3/4 cups weekly) • Dark green = 1/2 cup weekly • Red/Orange = 3/4 cup weekly • Legumes = 1/2 cup weekly • Starchy = 1/2 cup weekly • Other = 1/2 cup weekly Additional Veggies to reach week's total = 1	<u>1 cup daily</u> (5 cups weekly) • Dark green = 1/2 cup weekly • Red/Orange = 3/4 cup weekly • Legumes = 1/2 cup weekly • Starchy = 1/2 cup weekly • Other = 1/2 cup weekly Additional Veggies to reach week's total = 1.5
Grains (oz eq) (all whole grain-rich)	1 oz. per day; 8 - 9 weekly	1 oz. per day; 8 - 10 weekly	2 oz. per day; 10 - 12 weekly
Meat/Meat Alt.	1 oz. daily; 8 - 10 weekly	1 oz. daily; 9 - 10 weekly	2 oz. daily; 10 - 12 weekly
Calories	550 - 650	600 - 700	750 - 850
Saturated Fat (% of total calories)	< 10 g.	< 10 g.	< 10 g.
Sodium (mg)	≤ 1230 mg	≤ 1360 mg	≤ 1420 mg
Trans Fat <i>nutrition label must specify zero grams of trans fat per serving</i>	0 grams per serving	0 grams per serving	0 grams per serving