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| **Meal Pattern** | **K-5**  **Daily** | **6-8**  **Daily** | **9-12**  **Daily** |
| **Fruit**1 (2 ½ c weekly K-8, 5 c weekly 9-12) | ½ cup | ½ cup | 1 cup |
| **Vegetables**1 (3 ¾ c weekly K-8, 5 c weekly 9-12) | ¾ cup | ¾ cup | 1 cup |
| **Dark green** (½ c weekly K-12)  Broccoli, dark green leafy lettuce, mesclun, romaine lettuce, spinach | - |  | - |
| **Red/Orange** (¾ c weekly K-8; 1 ¼ c weekly 9-12)  Carrots, red peppers, sweet potatoes, tomatoes, butternut squash | - |  | - |
| **Beans/Peas (Legumes)** (½ c weekly K-12)  Black beans, garbanzo beans (chickpeas), kidney beans, lentils, pinto beans, soy beans, white beans | - |  | - |
| **Starchy** (½ c weekly K-12)  Corn, green peas, green lima beans, potatoes | - |  | - |
| **Other**2(½ c weekly K-8, ¾ c weekly 9-12)  Asparagus, avocado, bean sprouts, beets, Brussel sprouts, cabbage, cauliflower, celery, cucumbers, green beans, green peppers, iceburg lettuce, mushrooms, okra, onions, parsnips, turnips, wax beans, zucchini | - |  | - |
| **Additional Vegetables**3(1 c weekly K-8, 1 ½ c weekly 9-12) | - |  | - |
| **Grains**4  K-5: 8 oz minimum – 9 oz maximum weekly  6-8: 8 oz minimum – 10 oz maximum weekly  9-12: 10 oz minimum – 12 oz maximum weekly | 1 oz eq. | 1 oz eq. | 2 oz eq. |
| **Meats/Meat Alternates**  K-5: 8 oz minimum – 10 oz maximum weekly  6-8: 9 oz minimum – 10 oz maximum weekly  9-12: 10 oz minimum – 12 oz maximum weekly | 1 oz eq. | 1 oz eq. | 2 oz eq. |
| **Fluid Milk**5 | 1 cup | 1 cup | 1 cup |

SCHOOL **LUNCH** PATTERNS

1 One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. Minimum creditable serving is 1/8 cup. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength.

2This category consists of “Other vegetables” as defined in §210.10(c)(2)(iii)(E). For the purposes of the NSLP, “Other vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes)vegetable subgroups as defined in §210.10(c)(2)(iii).

3Any vegetable subgroup may be offered to meet the “Additional” total weekly vegetable requirement.

4 At least half of the grains offered must be whole grain-rich.

5 Fluid milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).