|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Weekly Totals K-5** |
|  |  |  |  |  |  ounces **Meat/Meat Alternates**: (minimum 1 oz/day; 8-10/week) **Whole :** **Number of** **Grain servings:** (minimum 1/day; 8-9/week)**Number of Vegetable servings:** cups dark green (½ c) cups red/orange (¾ c) cups beans/legumes (½ c) cups starchy (½ c) cups other(½ c)  cups additional (1 c) |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Weekly Totals K-5** |
|  |  |  |  |  |  ounces **Meat/Meat Alternates**: (minimum 1 oz/day; 8-10/week) **Whole :** **Number of** **Grain servings:** (minimum 1/day; 8-9/week)**Number of Vegetable servings:** cups dark green (½ c) cups red/orange (¾ c) cups beans/legumes (½ c) cups starchy (½ c) cups other(½ c)  cups additional (1 c) |

**FOUR DAY SCHOOL WEEKS**: Meat/Meat Alternate and Grain minimum and maximum servings: decrease by 20% (multiply minimum and maximum by .80)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Weekly Totals 6-8** |
|  |  |  |  |  |  ounces **Meat/Meat Alternates**: (minimum 1 oz/day; 9-10/week) **Whole :** **Number of** **Grain servings:** (minimum 1/day; 8-10/week)**Number of Vegetable servings:** cups dark green (½ c) cups red/orange (¾ c) cups beans/legumes (½ c) cups starchy (½ c) cups other (½ c)  cups additional (1 c) |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Weekly Totals 6-8** |
|  |  |  |  |  |  ounces **Meat/Meat Alternates**: (minimum 1 oz/day; 9-10/week) **Whole :** **Number of** **Grain servings:** (minimum 1/day; 8-10/week)**Number of Vegetable servings:** cups dark green (½ c) cups red/orange (¾ c) cups beans/legumes (½ c) cups starchy (½ c) cups other (½ c)  cups additional (1 c) |

**FOUR DAY SCHOOL WEEKS**: Meat/Meat Alternate and Grain minimum and maximum servings: decrease by 20% (multiply minimum and maximum by .80)