|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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)

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| --- | --- | --- | --- | --- | --- |
| **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)