

Final Rule Meal Pattern Simplified Summary Lunch

Meal Components	K-8	9-12
FRUIT	½ cup per day	1 cup per day
Vegetables	¾ cup per day	1 cup per day
Dark Green Vegetables	½ cup per week	½ cup per week
Red/Orange Vegetables	¾ cup per week	1 ¼ cup per week
Beans	½ cup per week	½ cup per week
Starchy	½ cup per week	½ cup per week
Other	½ cup per week	¾ cup per week
Additional	1 cup per week	1 ½ cup per week
Calories	600-650	750-850
Sodium (SY 14-15)	≤ 1230	≤ 1420
Saturated Fat % total calories	<10	<10
MILK	8 oz daily	8 oz daily

A meal consists of 5 components: fruit, vegetable, grain, meat, and milk.

To count as a reimbursable meal students must take at least 3 components, one of which must be a fruit or vegetable.

Dark Green Vegetables: Broccoli, Romaine 1 cup raw = ½ cup serving, Spinach 1 cup raw = ½ cup serving

Red/Orange Vegetables: Carrots, Red Peppers, Sweet Potatoes, Tomatoes, Tomato Juice

Beans: Black Beans, Kidney Beans, Pinto Beans, Chickpeas

Starchy: Corn, Potatoes, Green Peas

Other: Cauliflower, Celery, Cucumber, Green Beans, Iceberg Lettuce,

Additional: Can come from any of the above groups