

## Meal Pattern:

## Amount of Food Per Week (minimum per day)

	K-5	6-8	9-12
Fruits (cups)	2 1/2 (1/2)	2 1/2 (1/2)	5 (1)
Vegetables (cups)	3 3/4 (3/4)	3 3/4 ( 3/4)	5 (1)
Dark Green	1/2	1/2	1/2
Red/Orange	3/4	3/4	1 1/4
Beans and peas (legumes)	1/2	1/2	1/2
Starchy	1/2	1/2	1/2
Other	1/2	1/2	3/4
Additional Veg to Reach Total	1	1	1 1/2
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)

## Other Specifications: Daily Amount Based on the Average for a 5-Day Week

Min-Max calories (kcal)	550-650	600-700	750-850
Saturated Fat (% of total calories)	<10	<10	<10
Sodium (mg)	<_ 640	<_ 710	<_ 740

Trans Fat- Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.