

# Chart 1A

## SCHOOL LUNCH PATTERNS

### TRADITIONAL FOOD-BASED MENU PLANNING – Meal Pattern

FOOD COMPONENTS AND FOOD ITEMS	MINIMUM QUANTITIES					RECOMMENDED QUANTITIES
	GROUP I AGES 1 and 2 PRESCHOOL	GROUP II AGES 3 and 4 PRESCHOOL	GROUP III AGES 5-8 GRADES K-3	GROUP IV AGE 9 AND OLDER GRADES 4-12	GROUP V AGE 12 AND OLDER GRADES 7-12	
Milk, fluid (as a beverage)	6 fl oz (3/4 cup)	6 fl oz (3/4 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)	8 fl oz (1 cup)	
Meat or Meat Alternate <sup>1, 2, 3, 4, 5</sup> (quantity of the edible portion as served)						
Lean meat, poultry, or fish	1 oz	1-1/2 oz	1-1/2 oz	2 oz	3 oz	
Alternate protein products <sup>3</sup>	1 oz	1-1/2 oz	1-1/2 oz	2 oz	3 oz	
Cheese	1 oz	1-1/2 oz	1-1/2 oz	2 oz	3 oz	
Egg (large)	1/2 large egg	3/4 large egg	3/4 large egg	1 large egg	1-1/2 large eggs	
Cooked dry beans or peas <sup>4</sup>	1/4 cup	3/8 cup	3/8 cup	1/2 cup	3/4 cup	
Peanut butter or other nut or seed butters	2 Tbsp	3 Tbsp	3 Tbsp	4 Tbsp	6 Tbsp	
Yogurt, plain or flavored, unsweetened or sweetened - commercially prepared	4 oz or 1/2 cup	6 oz or 3/4 cup	6 oz or 3/4 cup	8 oz or 1 cup	12 oz or 1-1/2 cups	
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above: Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 oz of nuts/seeds=1 oz of cooked lean meat, poultry or fish) <sup>5</sup>	1/2 oz = 50% <sup>5</sup>	3/4 oz = 50% <sup>5</sup>	3/4 oz = 50%	1 oz = 50%	1-1/2 oz = 50%	
Vegetable or Fruit <sup>6</sup> , two or more servings of different vegetables, fruits, or both	1/2 cup	1/2 cup	1/2 cup	3/4 cup	3/4 cup	
Grains/Breads <sup>7</sup> (Servings per week): Must be enriched or whole-grain or made from enriched or whole-grain flour or meat that may include bran and/or germ. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products, or cereal grains.	5 per week <sup>8</sup> -minimum of 1/2 per day	8 per week <sup>8</sup> -minimum of 1 per day	8 per week <sup>8</sup> -minimum of 1 per day	8 per week <sup>8</sup> -minimum of 1 per day	10 per week <sup>8</sup> -minimum of 1 per day	

<sup>1</sup> Must be served in the main dish or the main dish plus only one other menu item.

<sup>2</sup> Enriched macaroni with fortified protein may be used to meet part of the meat or meat alternate requirement.

<sup>3</sup> Alternate protein products must meet the requirements in Appendix A of 7 CFR Part 210.

<sup>4</sup> Cooked dry beans or peas may be used as a meat alternate or as a vegetable, but not as both components in the same meal.

<sup>5</sup> Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

<sup>6</sup> No more than one-half of the total requirement may be met with full-strength fruit or vegetable juice.

<sup>7</sup> Enriched macaroni with fortified protein may be used as a meat alternate or as a grains/breads item, but not as both components in the same meal.

<sup>8</sup> For the purposes of this chart, a week equals 5 school days.