

Traditional Food-Based Menu Planning Approach—Lunch

Food Components	Group I Ages 1–2 (Preschool)	Group II Ages 3–4 (Preschool)	Group III Ages 5–8 (Grades K–3)	Group IV Age 9 and Older ¹ (Grades 4–12)	Group V Age 12 and Older ² (Grades 7–12) Recommended Quantities
Fluid Milk (as a beverage) ³					
	6 fl oz	6 fl oz	8 fl oz	8 fl oz	8 fl oz
Meat or Meat Alternate (quantity of edible portion as served) ⁴					
Lean meat, poultry, or fish	1 oz	1½ oz	1½ oz	2 oz	3 oz
Vegetable protein product ⁵	1 oz	1½ oz	1½ oz	2 oz	3 oz
Cheese	1 oz	1½ oz	1½ oz	2 oz	3 oz
Large egg	½ egg	¾ egg	¾ egg	1 egg	1½ eggs
Yogurt—plain or flavored, unsweetened or sweetened	4 oz or ½ c	6 oz or ¾ c	6 oz or ¾ c	8 oz or 1 c	12 oz or 1½ c
Cooked dry beans or peas	¼ c	⅜ c	⅜ c	½ c	¾ c
Peanut butter or other nut or seed butters	2 T	3 T	3 T	4 T	6 T
Nuts and/or seeds ⁶	½ oz = 50%	¾ oz = 50%	¾ oz = 50%	1 oz = 50%	1½ oz = 50%
Vegetables/Fruits (at least two different servings vegetables, fruits, or both)					
Full-strength juice cannot count for more than 50 percent of the amount	½ c	½ c	½ c	¾ c	¾ c
Grains/Breads (must be enriched or whole grain) ^{7,8}					
A serving is a slice of bread or equivalent serving or ½ c of cooked rice, pasta products, or cereal grains.	5 servings per week ⁸ Minimum ½ per day	8 servings per week ⁸ Minimum 1 per day	8 servings per week ⁸ Minimum 1 per day	8 servings per week ⁸ Minimum 1 per day	10 servings per week ⁸ Minimum 1 per day

¹Grades 4–12 are shaded because it is the one meal pattern, which can be used for all grade groups.

²Grades 7–12 is recommended, not required, quantities for students 12 years or older. Students may request smaller portions but not smaller than those specified for the grades 4–12 group.

³Schools must offer at least two choices from the following: fat-free milk, low-fat (1%) milk, fat-free or low-fat lactose reduced milk, fat-free or low-fat lactose-free milk, fat-free or low-fat buttermilk, and fat-free or low-fat acidified milk.

⁴A minimum of 1 ounce meat or meat alternate must be served daily. The amount of meat or meat alternate may vary daily; however, the weekly total must be provided.

⁵Must meet the requirements in Appendix A of this regulation.

⁶No more than 50 percent of the requirement. Nuts or seeds must be combined with another meat or meat alternate to fulfill the requirement.

⁷Refer to Grains and Breads Chart for portion sizes.

⁸For purposes of this chart, a week equals five days.