

TRADITIONAL FOOD-BASED MENU PLANNING

Meal Pattern For Lunch

		AGES 1-2 YRS	AGES 3-4 YRS	GRADES K-3	GRADES 4-12	GRADES 7-12 ^①
Meat/Meat Alternate	Serving size is per day. The quantities are based on the edible portion as served.	1 oz	1-1½ oz	1-1½ oz	2 oz	3 oz
Fruits/Vegetables	At least two different types of fruits and/or vegetables must be offered. Serving size is the minimum requirement per day.	½ cup	½ cup	½ cup	¾ cup	¾ cup
Grains/Breads	Must be enriched or whole grain or contain germ or brand. A serving is: A slice of bread or an equivalent serving of biscuits, rolls, etc. OR ½ cup cooked rice, macaroni, noodles, or cereal grains. Minimum servings per WEEK ^② Minimum servings per DAY ^② In this chart, a week equals 5 days. If meals are served 7 days a week, increase servings of Grains/Breads to 11.2 for Grades K-12.	5 svgs ½ svg	8 svgs 1 svg	8 svgs 1 svg	8 svgs 1 svg	10 svgs 1 svg
Milk (Fluid)	Must be served as a beverage.	6 fl oz	6 fl oz	8 fl oz	8 fl oz	8 fl oz

① Grades 7-12: This is an optional age/grade group, but one which USDA recommends.