

HHFKA Lunch Meal Pattern

Meal Component	K - 5	6 - 8	9 – 12
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Meat/Meat Alternate			
Daily Minimum	1 oz.	1 oz.	2 oz.
Weekly Min-Max	8-10 oz.	9-10 oz.	10-12 oz.

Grains ¹			
Daily Minimum	1 oz.	1 oz.	2 oz.
Weekly Min-Max	8-9 oz.	8-10 oz.	10-12 oz.
Beginning SY 2014-15 all grains must be whole grain-rich.			

Fruits			
Daily Requirement	½ cup	1 cup	1 cup
Weekly Minimum	2 ½ cups	5 cups	5 cups

Vegetables			
Daily Requirement	¾ cup	1 cup	1 cup
Weekly Minimum	3 ¾ cups	5 cups	5 cups
Weekly Subgroup Requirements			
Dark Green	½ cup	½ cup	½ cup
Red/Orange	¾ cup	1 ¼ cup	1 ¼ cup
Beans/Peas (Legumes)	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other Vegetables	½ cup	¾ cup	¾ cup
Additional Vegetables (to reach total)	1 cup	1 ½ cups	1 ½ cups

Milk	1 cup (8 oz.) daily requirement
May be fat-free flavored or unflavored milk, or 1% low-fat unflavored.	

Calories	550-650	600-700	750-850
Saturated Fat (% of total calories)	<10%	<10%	<10%
Sodium (mg) (2014-15 Target)	≤1230	≤1360	≤1420
Trans Fat			
Nutrition label or manufacturer specifications must show zero grams of trans fat per serving.			

¹ Menus are not required to comply with the maximums for grains, but must meet the minimums and stay within the weekly calorie range. The weekly maximums provide a guide to help plan age-appropriate meals that meet the meal pattern for calories, saturated fat and sodium requirements.