

School Lunch Pattern for Traditional Food Based Menu Planning

Schools may use the minimum nutrient and quantity requirements applicable to the majority of children as long as only one age or grade is outside the levels for the majority of children.

USDA recommends, but does not require, that portions be adjusted by age/grade group to better meet the food and nutritional needs of children according to their ages. If portions are adjusted, Groups I-IV are minimum requirements for the age/grade groups specified. If portions are not adjusted, the Group IV portions are the portions to serve all children.		Minimum Quantities				Recommended Quantities	
		Preschool		Grades K-3	Grades 4-12	Grades 7-12	
		ages 1-2 (Group I)	ages 3-4 (Group II)	ages 5-8 (Group III)	ages 9 & over (Group IV)	ages 12 & over (Group V)	
Food Components	Food Items						
Meat or Meat Alternate (quantity of the edible portion as served):	A serving of one of the following or a combination to give an equivalent quantity: Alternate Protein Products Lean meat, poultry or fish Cheese Large egg(s) Cooked dry beans or peas Peanut butter or other nut or seed butters. Yogurt, plain or flavored, unsweetened or sweetened (frozen yogurt not allowed) Peanuts, soy nuts, tree nuts or seeds, as listed in program guidance, meet no more than 50% of the requirement and must be combined in the meal with at least 50% of other meat or meat alternates (1 oz. of nuts/seeds= 1 oz. of cooked lean meat, poultry or fish).	1 oz. 1 oz. 1 oz. $\frac{1}{2}$ Large egg(s) $\frac{1}{4}$ cup 2 Tbsp. 4 oz. or $\frac{1}{2}$ cup $\frac{1}{2}$ oz.=50%	$1\frac{1}{2}$ oz. $1\frac{1}{2}$ oz. $1\frac{1}{2}$ oz. $\frac{3}{4}$ cup $\frac{3}{8}$ cup 3 Tbsp. 6 oz. or $\frac{3}{4}$ cup $\frac{3}{4}$ oz.= 50%	$1\frac{1}{2}$ oz. $1\frac{1}{2}$ oz. $1\frac{1}{2}$ oz. $\frac{3}{4}$ cup $\frac{3}{8}$ cup 3 Tbsp. 6 oz. or $\frac{3}{4}$ cup $\frac{3}{4}$ oz.= 50%	2 oz. 2 oz. 2 oz. 1 $\frac{1}{2}$ cup 4 Tbsp. 8 oz. or 1 cup 1 oz.= 50%	3 oz. 3 oz. 3 oz. $1\frac{1}{2}$ $\frac{3}{4}$ cup 6 Tbsp. 12 oz. or $1\frac{1}{2}$ cup $1\frac{1}{2}$ oz.= 50%	<ul style="list-style-type: none"> • Must be served in the main dish or the main dish and only one other menu item. • Alternate protein products [(APP) sometimes referred to as vegetable protein products (VPP)] and enriched macaroni with fortified protein may be used to meet part of the meat or meat alternate requirement. Food and Nutrition Service fact sheets on each of these alternate foods give detailed instructions for use.
Vegetables or Fruits	2 or more servings from different sources of vegetables or fruits or both to total:	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup	<ul style="list-style-type: none"> • No more than one-half of the total requirement may be met with full-strength fruit or vegetable juice. • Cooked dry beans or peas may be used as a meat alternate or as a vegetable, but not as both in the same meal.
Grains/Breads	Servings of grains/breads: Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or $\frac{1}{2}$ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains or a combination of any of the above.	5 per week minimum of $\frac{1}{2}$ serving per day	8 per week minimum of 1 serving per day	8 per week minimum of 1 serving per day	8 per week minimum of 1 serving per day	10 per week minimum of 1 serving per day	<ul style="list-style-type: none"> • Enriched macaroni with fortified protein may be used as a meat alternate or as a bread alternate but not as both in the same meal. NOTE: <i>Food Buying Guide for Child Nutrition Programs</i> . Program Aid No. 1331 (1984) provides the information for the minimum weight of a serving.
Milk (As a beverage)		$\frac{3}{4}$ cup (6 fl. oz.)*	$\frac{3}{4}$ cup (6 fl. oz.)	$\frac{1}{2}$ pint (8 fl. oz.)	$\frac{1}{2}$ pint (8 fl. oz.)	$\frac{1}{2}$ pint (8 fl. oz.)	<ul style="list-style-type: none"> • Serve a variety of milk. *USDA recommends whole milk for children 1-2 years of age.