

# USDA GUIDELINES FOR SCHOOL MEALS 2018-2019

## BREAKFAST

Food Components	Food Per Week (Minimum per Day)	**There is no separate meat/meat alternate component for breakfast. Schools may substitute 1 oz equivalent meat/meat alternate for 1 oz equivalent of grains after the minimum daily grains requirement is met.** (USDA)
Grains	9 oz equivalent (1 oz equivalent)	
Fruit	5 cups (1 cup)	
Milk	5 cups (1 cup)	

**Weekly Averages// Calories: 450-500, Sodium: ≤540 mg, Saturated Fat: <10%**

## LUNCH

### Grades K-8

Food Components	Minimum Food Per Week (Minimum per Day)
Meat/Meat Alternate	9 oz equivalent (1 oz equivalent)
Grains	8 oz equivalent (1 oz equivalent)
Fruit	2 ½ cups ( ½ cup)
Vegetables	3 ¾ cups ( ¾ cup)
Milk	5 cups (1 cup)

Vegetable Subgroups	Minimum per Week
Red/Orange	¾ cup
Dark Green	½ cup
Beans	½ cup
Starchy	½ cup
Other	½ cup
Additional (to reach weekly minimum)	1 cup

**Weekly Averages  
Calories: 600-650,  
Sodium: <1230 mg,  
Saturated Fat: <10%**

### Grades 9-12

Food Components	Minimum Food Per Week (Minimum per Day)
Meat/Meat Alternate	10 oz equivalent (2 oz equivalent)
Grains	10 oz equivalent (2 oz equivalent)
Fruit	5 cups (1 cup)
Vegetables	5 cups (1 cup)
Milk	5 cups (1 cup)

Vegetable Subgroups	Minimum per Week
Red/Orange	1 ¼ cups
Dark Green	½ cup
Beans	½ cup
Starchy	½ cup
Other	¾ cup
Additional (to reach weekly minimum)	1 ½ cups

**Weekly Averages  
Calories: 750-850  
Sodium: ≤1420 mg  
Saturated Fat: <10%**