**USDA GUIDELINES FOR SCHOOL MEALS 2018-2019**

### BREAKFAST

<table>
<thead>
<tr>
<th>Food Components</th>
<th>Food Per Week (Minimum per Day)</th>
<th><strong>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.</strong> (USDA)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>9 oz equivalent (1 oz equivalent)</td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>5 cups (1 cup)</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>5 cups (1 cup)</td>
<td></td>
</tr>
</tbody>
</table>

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

### LUNCH

#### Grades K-8

<table>
<thead>
<tr>
<th>Food Components</th>
<th>Minimum Food Per Week (Minimum per Day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat/Meat Alternate</td>
<td>9 oz equivalent (1 oz equivalent)</td>
</tr>
<tr>
<td>Grains</td>
<td>8 oz equivalent (1 oz equivalent)</td>
</tr>
<tr>
<td>Fruit</td>
<td>2 ½ cups ( ½ cup)</td>
</tr>
<tr>
<td>Vegetables</td>
<td>3 ¾ cups ( ¾ cup)</td>
</tr>
<tr>
<td>Milk</td>
<td>5 cups (1 cup)</td>
</tr>
</tbody>
</table>

**Weekly Averages**

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

<table>
<thead>
<tr>
<th>Vegetable Subgroups</th>
<th>Minimum per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red/Orange</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Dark Green</td>
<td>½ cup</td>
</tr>
<tr>
<td>Beans</td>
<td>½ cup</td>
</tr>
<tr>
<td>Starchy</td>
<td>½ cup</td>
</tr>
<tr>
<td>Other</td>
<td>½ cup</td>
</tr>
<tr>
<td>Additional (to reach weekly minimum)</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

#### Grades 9-12

<table>
<thead>
<tr>
<th>Food Components</th>
<th>Minimum Food Per Week (Minimum per Day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat/Meat Alternate</td>
<td>10 oz equivalent (2 oz equivalent)</td>
</tr>
<tr>
<td>Grains</td>
<td>10 oz equivalent (2 oz equivalent)</td>
</tr>
<tr>
<td>Fruit</td>
<td>5 cups (1 cup)</td>
</tr>
<tr>
<td>Vegetables</td>
<td>5 cups (1 cup)</td>
</tr>
<tr>
<td>Milk</td>
<td>5 cups (1 cup)</td>
</tr>
</tbody>
</table>

**Weekly Averages**

- Calories: 750-850,
- Sodium: <1420 mg,
- Saturated Fat: <10%

<table>
<thead>
<tr>
<th>Vegetable Subgroups</th>
<th>Minimum per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red/Orange</td>
<td>1 ¼ cups</td>
</tr>
<tr>
<td>Dark Green</td>
<td>½ cup</td>
</tr>
<tr>
<td>Beans</td>
<td>½ cup</td>
</tr>
<tr>
<td>Starchy</td>
<td>½ cup</td>
</tr>
<tr>
<td>Other</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Additional (to reach weekly minimum)</td>
<td>1 ½ cups</td>
</tr>
</tbody>
</table>

Updated 7/19/18