

**Pick 3 or 4**

# **School Breakfast Program**

**Pick at least 3 out of the 4 items  
(you can select four if you like!)**

**Milk**



**Juice, Fruit or  
Vegetable**



**Bread Item**



**Meat/Protein Item**



(The Breakfast meal pattern is 4 items: 1 Milk; 1 Fruit/Vegetable; and 2 Breads or 2 Meats or 1 Bread and 1 Meat)

**Pick 3, 4 or 5**

# **Offer vs. Serve School Lunch Program**

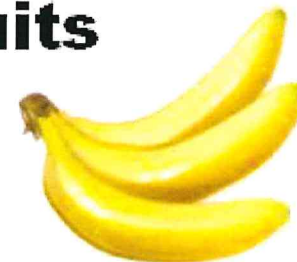
**Select at least 3 out of 5 items – one must be  
a  $\frac{1}{2}$  cup fruit or vegetable!**

***But take all 5 for the best nutrition!***

**Milk**



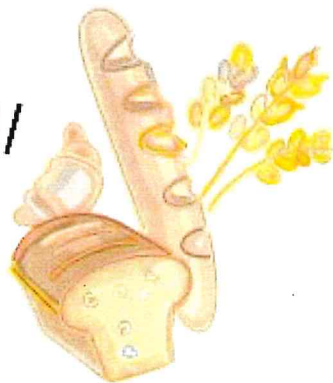
**Fruits**



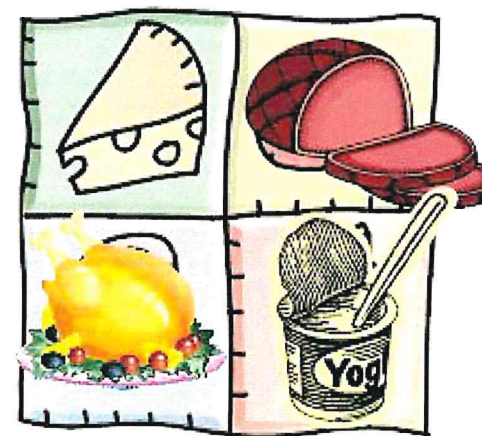
**Vegetables**



**Bread/  
Grains**



**Meat/  
Meat-Alternate**



(The Lunch Meal Pattern is a minimum of 5 items: Milk; Fruit, Vegetable; Bread/Grain; and Meat/Meat Alternate)



## Healthy Hunger Free Kids Act School Lunch Meal Pattern

### Fruit

	K-5	6-8	9-12
Daily	0.5 cup		1 cup
Weekly	2.5 cups		5 cups

0.25 cup dried = 0.5 cup  
Fresh, dried, frozen: no added sugar  
Canned: juice/light syrup  
100% juice only

### Milk

	K-5	6-8	9-12
	1 cup per day		

Plain or Lactose Reduced/Free:  
1% or Fat Free

Flavored Regular or Lactose  
Reduced/Free: Fat Free only

### Vegetables

	K-5	6-8	9-12
Daily	0.75 cup		1 cup
Weekly	3.75 cups		5 cups
<u>Weekly Subgroup Requirements:</u>			
	K-5	6-8	9-12
Dark Green	0.5 cup		
Red/Orange	0.75 cup		1.25 cups
Beans/Peas	0.5 cup		
Starchy	0.5 cup		
Other*	0.5 cup		0.75 cup
Additional to reach weekly total	1 cup		1.5 cups

1 cup uncooked leafy greens = 0.5 cup vegetable

\*Other = must come from other, dark green, red/orange or  
beans/peas subgroups

### Meat or Meat Alternate

	K-5	6-8	9-12
Daily	1		2
Weekly	8-10	9-10	10-12

Amounts are listed in ounce equivalents.  
Daily/weekly minimums must be met. Weekly  
maximums must not be exceeded.

### Grains

	K-5	6-8	9-12
Daily	1		2
Weekly	8-9	8-10	10-12

Amounts are listed in ounce equivalents. At  
least 1/2 the grains offered must be whole  
grain rich, with all grains whole grain rich by  
July 1, 2014. Daily /weekly minimums must be  
met. Weekly maximums must not be  
exceeded.

## Dark Green\*

0.5 cup weekly for all grade groups

Bok Choy	Green Leaf	Romaine
Broccoli	Lettuce	Lettuce
Chinese	Kale	Spinach
Cabbage	Mesclun	Turnip
Collard	Mustard	Greens
Greens	Greens	Watercress
Endive		

## Red/Orange

K-5 and 6-8: **0.75 cup** weekly  
9-12: **1.25 cups** weekly

Acorn Squash	Pumpkin
Butternut	Red Peppers
Squash	Sweet Potato
Carrots	Tomatoes
Hubbard	Tomato Juice
Squash	

## Other

K-5 and 6-8: 0.5 cup weekly      9-12: 0.75 cup weekly

Artichokes	Cucumbers	Onions
Asparagus	Eggplant	Radishes
Avocado	Green Beans	Parsnips
Beets	Green Peppers	Summer Squash
Brussel Sprouts	Iceberg Lettuce	Snow/Sugar Snap
Cabbage	Kohlrabi	Peas
Cauliflower	Mushrooms	Turnips
Celery	Okra	Wax Beans
		Zucchini

The weekly portion size requirement for **Other** vegetables must come from **Other**, **Dark Green**, **Red/ Orange** or **Beans/Peas**.

## Additional

K-5 and 6-8: 1 cup weekly      9-12: 1.5 cups weekly  
Any vegetable may be served

### Daily Amount Based on Average 5-Day Week

	K-5	6-8	9-12
Min-Max calories	550-650	600-700	750-850
Sodium (mg)*	1,230	1,360	1,420
Saturated fat (% of total calories)	<10		
Trans fat	Nutrition label or manufacturer specifications must = 0g per serving		

## Beans/Peas

0.5 cup weekly for all grade groups

Black Beans	Pinto Beans
Black Eyed Peas	Pink Beans
Chickpeas	Refried Beans
Garbanzo Beans	Red Beans
Kidney Beans	Soy Beans (edamame)
Lentils	Split Peas
Lima Beans (dry)	White Beans
Navy Beans	

## Starchy

0.5 cup weekly for all grade groups

Cassava	Lima Beans (canned/fresh)
Corn	Plantains
Fresh Cowpeas	Potatoes
Green Bananas	Taro
Green Peas	Water Chestnuts
Jicama	

\* 1 cup of uncooked leafy greens = 0.5 cup of vegetable. \*Sodium Target 1: met by July 1, 2014

See the revised Fruits and Vegetables section of the USDA Food Buying Guide for complete information.