

<b>Lunch Meal Pattern for Uncommon Grade Groupings<sup>1</sup></b>		
	<b>Grades K-8<sup>2</sup></b>	<b>Grades 9-12<sup>3</sup></b>
<b>Meal Pattern</b>	<b>Amount of Food per Week (Minimum per Day)</b>	
Fruit (cups)	3 ½ (1/2)	7 (1)
Vegetables (cups)	5 ¼ (3/4)	7 (1)
Dark Green	½	½
Red/Orange	¾	1 ¼
Beans/Peas	½	½
Starchy	½	½
Other	½	¾
Additional Veg to Reach Total	2 ½	3 ½
Grains (oz eq)	Minimum 11 (1) to meet grades K-8 Minimum 14 (2) to meet grades 9-12	
Meats/Meat Alternates (oz eq)	Minimum 12.5 (1) to meet grades K-8 Minimum 14 (2) to meet grades 9-12	
Fluid Milk (cups)	7 (1)	
<b>Other Specifications: Daily Amount Based on Average for 5-Day Week</b>		
Min-Max Calories (kcal)	600-650	750-850
Saturated Fat (% of total calories)	<10	<10
Sodium (mg)	Target 1 - ≤ 1,230 Target 2 - ≤ 935 Target 3 - ≤ 640	Target 1 - ≤ 1,420 Target 2 - ≤ 1,080 Target 3 - ≤ 740
Trans Fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.	

<sup>1</sup>**Uncommon Grade Groupings** include RCCIs that have grades that do not fit into a particular column in USDAs lunch meal pattern. Instead of K-5, 6-8, 9-12, RCCIs might have grades K-6, 5-8, or 7-12, etc. RCCIs that have a different configuration will need to follow this meal pattern.

<sup>2</sup>**Grades K-8** can include any configuration of those grades. For example, an RCCI should use this column if they have grades K-6 (or some other combination between K-8) eating in the same cafeteria.

<sup>3</sup>**Grades 9-12** is separate from grades K-8 because the requirements for this grouping are different. This pattern must be followed for these grades even if this grade group is combined with other grades at the same RCCI, for example K-9 or 6-9, etc.