

| | RCCI Licensing Rules | USDA Meal Pattern Rules |
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| Milk | <ul style="list-style-type: none"> Fluid pasteurized, homogenized fortified with A & D 1% White and Fat Free Reconstituted dry milk shall not be used as a beverage Average Serving Size: <ul style="list-style-type: none"> Ages 6-18 Breakfast – 1 Cup Ages 6-18 Lunch – 1 Cup | <ul style="list-style-type: none"> At least two choices <ul style="list-style-type: none"> 1% White Fat Free White Fat Free Flavored Minimum Daily Requirements: <ul style="list-style-type: none"> K-12 Breakfast – 1 Cup K-12 Lunch – 1 Cup |
| Fruit | <ul style="list-style-type: none"> Must include a daily Vitamin C fruit source at breakfast: <ul style="list-style-type: none"> Orange or Grapefruit Juice, 100% Fruit Juice Fortified with Vitamin C (e.g. Grape, Pineapple, Apple), Oranges, Grapefruit, Tangerines, Cantaloupe, Strawberries, Kiwi Fruit, Papaya, Tangelo, Watermelon, Pineapple, and Raspberries. Fruit juice is not permitted at lunch | <ul style="list-style-type: none"> Fresh, dried, frozen, canned (in 100% juice, light syrup, water), and 100% fruit juice Minimum Daily Requirements: <ul style="list-style-type: none"> K-12 Breakfast – 1 Cup K-8 Lunch – ½ Cup 9-12 Lunch – 1 Cup |
| Vegetables | <ul style="list-style-type: none"> Must include Dark Green and Red Orange vegetables throughout the week, totaling 2 cups Vegetable juice is not permitted at lunch Homemade soups can count as long as they contain the minimum serving size of vegetable (1/2 cup) The following foods are not creditable as vegetables: <ul style="list-style-type: none"> Tomato sauce 100% canned vegetable soup | <ul style="list-style-type: none"> Fresh, frozen, canned, and 100% vegetable juice Minimum Daily Requirements: <ul style="list-style-type: none"> K-12 Breakfast – Optional K-8 Lunch – ¾ Cup 9-12 Lunch – 1 Cup Minimum Weekly Requirements: <ul style="list-style-type: none"> Dark Green ½ Cup Red/Orange ¾ Cup (K-8) or 1 ¼ Cup (9-12) Beans/Peas (Legumes) ½ Cup Starchy ½ Cup Other ½ Cup (K-8) or ¾ Cup (9-12) |
| Meat/Meat Alternates | <ul style="list-style-type: none"> A minimum of 2 oz. of M/MA is required at lunch for ages 6-21 Serve plain high protein foods (example: chicken quarter) at least 2 times each week instead of casseroles. List serving sizes for plain high protein foods in ounces (example: hot dog 2 oz.) 1 oz. meat or extra milk with cereal is required at breakfast The following foods are creditable as M/MA: <ul style="list-style-type: none"> 1 Large Egg ⅓ - ½ Cup Cooked, Dried Beans Cream Cheese is not creditable as M/MA | <ul style="list-style-type: none"> Meat Alternate Equivalents (equaling 1 oz. eq. of meat): <ul style="list-style-type: none"> Cheese – 1 oz. Cottage Cheese – ¼ Cup Egg – ½ Large Peanut Butter – 2 Tbsp. Cooked Dried Beans – ¼ Cup Minimum Daily Requirements (Minimum Weekly Requirements*): <ul style="list-style-type: none"> K-12 Breakfast – Optional K-8 Lunch – 1 oz. eq. (12.5 oz. eq.) 9-12 Lunch – 2 oz. eq. (14 oz. eq.) |
| Grains | | <ul style="list-style-type: none"> All grains must be whole grain-rich. No dessert grains can be served at breakfast (cake, cookies, pie, etc.). Sweet grains, not considered dessert, are allowed to be served at breakfast with weekly fat intake considered (doughnuts, toaster pastries, muffins, etc.). Only 2 oz. eq. of sweet grains (cake, cookies, graham crackers, etc.) can be served over the week at lunch. Grain Equivalents (equaling 1 oz. eq. of grain) <ul style="list-style-type: none"> Bread – 1 oz. or 28 grams Dry Cereal – 1 cup or 1 oz. Cooked Cereal – ½ Cup cooked or 1 oz. dry Rice/Pasta – ½ cup cooked or 1 oz. dry Minimum Daily Requirements (Minimum Weekly Requirements*): <ul style="list-style-type: none"> K-12 Breakfast – 1 oz. eq. (9 oz. eq.) K-8 Lunch – 1 oz. eq. (11 oz. eq.) 9-12 Lunch – 2 oz. eq. (14 oz. eq.) |

*Minimum weekly requirements are based on 7 days.