

Minimum Daily Serving Sizes for Breakfast and Lunch - Grades 9-12

Component	Breakfast	Lunch
<p>Milk Fluid, Pasteurized, Homogenized, Fortified with Vitamin A & D 1% Plain and Fat Free Milk (2 choices required) *Reconstituted dry milk shall not be used as a beverage*</p>	1 cup daily	1 cup daily
<p>Fruits Fresh, Dried, Frozen, Canned (in light syrup/juices), and 100% Fruit Juice *Dried fruit credits as twice the volume served* *Fruit juice is not permitted at lunch* <u>Vitamin C fruit source (must be provided daily at breakfast):</u> Fruits: orange or grapefruit juice, a 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.</p>	1 cup daily (½ cup daily must be from a Vit. C fruit source)	1 cup daily
<p>Vegetables Fresh, Frozen, Canned, and 100% Vegetable Juice *Leafy lettuce credits as half the volume served* *Vegetable juice is not permitted at lunch* Over the course of the week: Dark Green Red/Orange Beans/Peas (Legumes) Starchy Other</p>	None required If serving starchy vegetables and counting toward fruit component, must plan 2 cups of other subgroups over the week.	1 cup daily Over the course of the week: ¾ cup 1 ¼ cup ½ cup ½ cup ¾ cup
<p>Meat & Meat Alternates Cooked Lean Meat, Poultry, Fish Amounts listed below are equal to 1 oz. eq. of meat/meat alternate:</p> <ul style="list-style-type: none"> • Cheese 1 ounce • Cottage Cheese ¼ cup • Egg 1 large egg • Peanut Butter 2 Tbsp • Cooked Dried Beans ⅓ - ½ cup 	1 oz. eq. daily or extra milk with cereal**	2 oz. eq. daily
<p>Grains 100% Whole Grain Rich Amounts listed below are equal to 1 oz. eq. of grain:</p> <p>Bread 1 ounce or 28 grams Dry Cereal 1 cup Cooked Cereal ½ cup cooked or 1 ounce dry Rice/Noodles ½ cup cooked or 1 ounce dry Crackers Graham/Animal Crackers 1 ounce or 28 grams Savory Crackers (saltines and snack crackers) .8 ounces or 22 grams</p> <p>*Use the Grain Chart for more equivalencies*</p>	1 oz. eq. daily Dessert grains (pie, cookies, cake, brownies, etc.) cannot be served at breakfast.	2 oz. eq. daily Only 2 oz. eq. of dessert grains (pie, cookies, cake, brownies, etc.) may be served over the course of the week.

**Extra milk is not considered a meat/meat alternate for the school nutrition programs.