

Healthy Hunger Free Kids Act
School Lunch Meal Pattern

Fruit

	K-5	6-8	9-12
Daily	1/2 cup		1 cup
Weekly	2 1/2 cups		5 cups

1/4 cup dried = 1/2 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	3/4 cup		1 cup
Weekly	3 3/4 cups		5 cups
Weekly Subgroup Requirements:			
	K-5	6-8	9-12
Dark Green	1/2 cup		
Red/Orange	3/4 cup	1 1/4 cups	
Beans/Peas	1/2 cup		
Starchy	1/2 cup		
Other*	1/2 cup	3/4 cup	
Additional to reach weekly total	1 cup	1 1/2 cups	

1 cup uncooked leafy greens = 1/2 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 oz		2 oz
Weekly	8-10 oz	9-10 oz	10-12 oz

Daily and 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

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

Dark Green*

1/2 cup weekly for all grade groups

Bok Choy	Mustard Greens
Broccoli	Romaine
Collard Greens	Lettuce
Dark Green Leaf Lettuce	Spinach
Kale	Turnip Greens
Mesclun	Watercress

Red/Orange

K-5 and 6-8: 3/4 cup weekly

9-12: 1 1/4 cups weekly

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

Other

K-5 and 6-8: 1/2 cup weekly

9-12: 3/4 cup weekly

Artichokes	Eggplant
Asparagus	Green Beans
Avocado	Green Peppers
Bean Sprouts	Iceberg Lettuce
Beets	Mushrooms
Brussel Sprouts	Okra
Cabbage	Onions
Cauliflower	Parsnips
Celery	Turnips
Cucumbers	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 1/2 cups weekly

Any vegetable may be served

Beans/Peas

1/2 cup weekly for all grade groups

Black Beans	Navy Beans
Black Eyed Peas	Pinto Beans
Chickpeas	Soy Beans
Garbanzo Beans	Split Peas
Kidney Beans	White Beans
Lentils	

Starchy

1/2 cup weekly for all grade groups

Cassava	Green Lima Beans
Corn	Plantains
Fresh Cowpeas	Potatoes
Green Bananas	Taro
Green Peas	Water Chestnuts

* 1 cup of uncooked leafy greens = 1/2 cup of vegetable.