

# Lunch Meal Pattern

		K-5		6-8		9-12	
		Daily	Weekly	Daily	Weekly	Daily	Weekly
Fruits		½ c	2 ½ c	½ c	2 ½ c	1 c	5 c
Vegetables		¾ c	3 ¾ c	¾ c	3 ¾ c	1 c	5 c
Grains		1 oz	8-9 oz	1 oz	8-10 oz	2 oz	10-12 oz
Meat/Meat Alternates		1 oz	8-10 oz	1 oz	9-10 oz	2 oz	10-12 oz
Milk		1 c	5 c	1 c	5 c	1 c	5 c

- Workbook pages 5 - 10