

USDA Meal Requirements

Grades K-5

Meat/Meat Alternate: 1-2 oz Per Day

8-10 oz Per Week

Vegetable: 3/4 C Per Day

Fruit: 1/2 C Per Day

Grains: 1 oz Per day, 8-9 Per Week

Milk: 1 cup Per Day

Calories: 550-650 (min-max)

Grades 6-8

Meat/Meat Alternate: 1-2 oz Per Day

9-10 oz Per Week Vegetable: 3/4 C Per Day Fruit: 1/2 C Per Day

Grains: 1 oz Per day, 8-10 Per Week

Milk: 1 cup Per Day

Calories: 600-700 (min-max)

Grades 9-12

Meat/Meat Alternate: 2 oz Per Day

10-12 oz Per Week Vegetable: 1 C Per Day Fruit: 1 C Per Day

Grains: 2 oz Per day, 10-12 Per Week

Milk: 1 cup Per Day

Calories: 750-850 (min-max)