

### Fruit

	K-5	6-8	9-12
Daily	0.5 cup		
Weekly	2.5 cups		

0.25 cup dried = 0.5 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	Optional in place of fruit		
Weekly	Optional in place of fruit		

1 cup uncooked leafy greens = 0.5 cup vegetable

### Meat or Meat

#### Alternate

	K-5	6-8	9-12
Daily	Optional		
Weekly	Optional		

Optional in place of grains after 1 oz. eq. of grain has been offered. May also be offered as an 'extra' food item.

### Grains

	K-5	6-8	9-12
Daily	1		
Weekly	7	8	9

Amounts are listed in ounce equivalents. At least 1/2 the grains offered must be whole grain rich, with all grains whole grain rich by July 1, 2014.

### Nutrient Standards

#### Daily Amount Based on Average 5-Day Week

	K-5	6-8	9-12
Min-Max calories	350-500	400-550	450-600
Sodium (mg)*	540	600	640
Saturated fat (% of total calories)	<10		
Trans fat	Nutrition label or manufacturer specifications must = 0g per serving		

\* Sodium Target 1: met by July 1, 2014