

Meal Patterns



Calories:

K-5: 550-650 cal/day
6-8: 600-700 cal/day
9-12: 750-850 cal/day

Sodium Targets:

K-5: 1230 mg/week
6-8: 1360 mg/week
9-12: 1420 mg/week

**Students MUST take a fruit or a vegetable!*

Fruit:

K-5: 1/2c/day
6-8: 1/2c/day
9-12: 1c/day

Vegetable:

K-5: 3/4c/day
6-8: 3/4c/day
9-12: 1c/day

Dark Green: 1/2c/week (K-12)

Red/Orange: 3/4c/week (K-8) 1 1/4c/week (9-12)

Dry Beans: 1/2c/week (K-12)

Starches: 1/2c/week (K-12)

Other Veg: 1/2c/week (K-8) 3/4c/week (9-12)

Grains:

K-5: 1oz/day
6-8: 1oz/day
9-12: 2oz/day

Meat/Meat Alt.:

K-5: 1oz/day
6-8: 1oz/day
9-12: 2oz/day

Milk:

K-12: 1c/day