

**Four (4) Day School Week -- MENU TEMPLATE – Lunch K-5, 6-8, and 9-12**

Weekly totals are for four (4) days	Mon	Tue	Wed	Thurs	Fri	Wk Total
<b>Menu</b> <b>Meat/meat alternate</b> <b>Grain</b> <b>Fruit</b> <b>Vegetable</b> <b>Milk</b>						
<b>Meat/Meat Alternate</b> <b>K-5:</b> 6.5-8 oz eq per wk; 1 oz min per day <b>6-8:</b> 7-8 oz eq per wk; 1 oz min per day <b>9-12:</b> 8-9.5 oz eq per wk; 2 oz min per day						
<b>Vegetables</b>						
<b>Dark green</b> <b>K-12:</b> 1/2 cup per wk						
<b>Red/Orange</b> <b>K-8:</b> 3/4 cup per wk <b>9-12:</b> 1-1/4 cups per wk						
<b>Beans/Peas (Legumes)</b> <b>K-12:</b> 1/2 cup per wk						
<b>Starchy</b> <b>K-12:</b> 1/2 cup per wk						
<b>Other</b> <b>K-8:</b> 1/2 cup per wk <b>9-12:</b> 3/4 cup per wk						
<b>Additional</b> <b>K-8:</b> 1 cup per wk <b>9-12:</b> 1-1/2 cup per wk						
<b>Total Vegetables</b> <b>K-8:</b> 3/4 cup/day; 3 cup/wk <b>9-12:</b> 1 cup/day; 4 cup/wk						
<b>Grains</b> <b>K-5:</b> 6.5-7 oz eq per wk; 1 oz min per day <b>6-8:</b> 6.5-8 oz eq per wk; 1 oz min per day <b>9-12:</b> 8-9.5 oz eq per wk; 2 oz min per day						
<b>Fruits</b> <b>K-8:</b> 1/2 cup/day; 2 1/2 cup/wk <b>9-12:</b> 1 cup/day; 5/cup/wk						
<b>Fluid Milk K-12:</b> 1 cup/day; 5 cups/wk						

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