

INCLUSION OF VEGETABLES IN SCHOOL LUNCHES

Recommended Amounts Per Week of Lunches, According to Age Groups

(Figures are based on 14 meals per week containing vegetables with 5 of those consumed as school lunches.)

GROUP / AGES GRADES	DARK GREEN* VEGETABLES	ORANGE VEGETABLES	DRY BEANS AND PEAS	STARCHY VEGETABLES	OTHER VEGETABLES
GROUP II / 3 – 4 Pre-K	1/2 cup	1/2 cup	1/2 cup	3/4 cup	1 1/2 cups
GROUP III / 5 – 8 K thru 3 rd	1 cup	2/3 cup	2/3 cup	2/3 cup	2 cups
GROUP IV / 9 – 11 4 th thru 6 th	1 1/8 cup	3/4 cup	3/4 cup	3/4 cup	2 1/4 cups
GROUP V / 12 – 14 7 th thru 9 th	1 1/8 cup	3/4 cup	3/4 cup	3/4 cup	2 1/4 cups
GROUP VI / 15 – 18 10 th thru 12 th	1 cup	1 cup	1 cup	2 cups	2 1/2 cups

* 1 cup of raw leafy green vegetables is equivalent to 1/2 cup cooked. Recommendations in this table are for cooked amounts; double the amount served for raw leafy green vegetables.

DARK GREEN

Bok choy
Broccoli
Greens:
Collards
Mustard
Turnip
Kale
Mesclun
Spinach
Raw leafy greens:
Spinach
Romaine
Watercress
Dark green leafy lettuce
Endive
Escarole
Watercress

ORANGE

Carrots
Pumpkin
Sweet potato
Winter squash:
Acorn
Butternut
Hubbard

DRY BEANS & PEAS

Black beans
Black-eyed peas
Garbanzo beans
Kidney beans
Lentils
Lima beans (mature)
Navy beans
Pinto beans
Soy beans
Split peas
Tofu
White beans

STARCHY

Corn
Green peas
Lima beans (green)
White potatoes

OTHER

Artichokes
Asparagus
Bean sprouts
Beets
Brussels sprouts
Cabbage
Cauliflower
Celery
Cucumbers
Eggplant
Green beans
Wax beans
Green peppers
Red peppers
Iceberg lettuce
Head lettuce
Mushrooms
Okra

Onions
Parsnips
Tomatoes
Tomato juice
Vegetable juice
Turnips
Summer squash
Zucchini

ALTERNATE MYPYRAMID-BASED MENU PLANNING MEAL PATTERN – LUNCH

There are four components (1. Grains, 2. Vegetables/Fruits, 3. Milk, 4. Meat/Meat Alternate) in this meal pattern as indicated by the column on the left. There are seven items (1 serving from grains, 4 servings from vegetables/fruits, 1 serving from milk, and 1 serving from meat/meat alternate).

For offer-vs-serve a reimbursable meal must include a serving of four of these seven items.

The one exception to this meal pattern is for sack lunches taken on field trips. For these, USDA's Traditional Meal Pattern is used.

FOOD COMPONENTS ↓↓↓		GROUP II AGES 3 & 4 PRE-K	GROUP III AGES 5 – 8 GRADES K – 3	GROUP IV AGES 9 – 11 GRADES 4 – 6	GROUP V AGES 12 – 14 GRADES 7 – 9	GROUP VI AGES 15 – 18 GRADES 10 – 12
		CALORIE RANGE (TARGET)	333 – 533 (467)	400 – 667 (533)	467 – 733 (600)	533 – 933 (667)
1	GRAINS	1 serving	2 servings	2 servings	2 servings	3 servings
	Includes all foods made from wheat, rice, oats, cornmeal, barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, pasta, or cooked cereal can be considered as 1 serving from the grains group. At least half of all grains offered should be whole-grain.					
4	VEGETABLES: Offer a minimum of 3 vegetables daily, each no less than 1/3 of the daily total.	¾ cup total per day (min. 1/4 cup each)	1 cup total per day (min. 1/3 cup each)	1 1/8 cup total per day (min. 3/8 cup each)	1 1/8 cup total per day (min. 3/8 cup each)	1 ½ cup total per day (min. 1/2 cup each)
	1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens count as 1 cup from the vegetable group.					
	<i>The following subgroups are recommended per 5-day school week:</i>					
	<i>Dark green vegetables</i>	<i>½ cup</i>	<i>1 cup</i>	<i>1 1/8 cup</i>	<i>1 1/8 cup</i>	<i>1 cup</i>
	<i>Orange vegetables</i>	<i>½ cup</i>	<i>2/3 cup</i>	<i>¾ cup</i>	<i>¾ cup</i>	<i>1 cup</i>
	<i>Legumes</i>	<i>½ cup</i>	<i>2/3 cup</i>	<i>¾ cup</i>	<i>¾ cup</i>	<i>1 cup</i>
	<i>Starchy vegetables</i>	<i>¾ cup</i>	<i>2/3 cup</i>	<i>¾ cup</i>	<i>¾ cup</i>	<i>2 cups</i>
<i>Other vegetables</i>	<i>1 ½ cup</i>	<i>2 cups</i>	<i>2 ¼ cups</i>	<i>2 ¼ cups</i>	<i>2 ½ cups</i>	
1	FRUITS: Offer a minimum of 2 fruits daily.	½ cup (min. ¼ cup each)	½ cup (min. ¼ cup each)	½ cup (min. ¼ cup each)	¾ cup (min. 3/8 cup each)	¾ cup (min. 3/8 cup each)
	Includes all fresh, frozen, canned, and dried fruits and fruit juices. In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group. Offer a variety of fruit. Go easy on fruit juices.					
1	MILK	¾ cup	1 cup	1 cup	1 cup	1 cup
Includes all fluid milk products. Most milk group choices should be fat-free or low-fat.						
1	MEAT/MEAT ALTERNATE	1 1/2 oz-eq	2 oz-eq	2 oz-eq	2 oz-eq	2 oz-eq
	In general, 1 ounce of lean meat, poultry, or fish, 1 egg, 1 Tbsp. peanut butter, ¼ cup cooked dry beans, ½ ounce of nuts or seeds, 1 ounce of cheese or ½ cup yogurt can be considered as 1 ounce equivalent from the meat and beans group. Offer low-fat or lean meats and poultry. Bake, broil, or grill meats from this group. Offer fish, dry beans, and dry peas often.					