Minnesota Department of Education

Healthy, Hunger Free Kids Act
School Lunch Meal Pattern

Fruit

	K-5	6-8	9-12
Daily	0.5 cup	0.5 cup	1 cup
Weekly	2.5 cups	2.5 cups	5 cups

One quarter cup dried = one-half cup
Fresh, dried, frozen: no added sugar
Canned: juice/light syrup
100 percent juice only

Milk

K-5	6-8	9-12
1 cup per day	1 cup per day	1 cup per day

Plain or Lactose Reduced/Free: One Percent or Fat Free

Flavored Regular or Lactose Reduced/Free: Fat Free only

Vegetables

	K-5	6-8	9-12
Daily	0.75 cup	0.75 cup	1 cup
Weekly	3.75 cups	3.75 cups	5 cups
Weekly Subgroup Requirements:			
	K-5	6-8	9-12
Dark Green	0.5 cup	0.5 cup	0.5 cup
Red/Orange	0.75 cup	0.75 cup	1.25 cups
Beans/Peas	0.5 cup	0.5 cup	0.5 cup
Starchy	0.5 cup	0.5 cup	0.5 cup
Other*	0.5 cup	0.5 cup	0.75 cup
Additional to reach weekly total	1 cup	1 cup	1.5 cups

One cup uncooked leafy greens = one-half cup vegetable
*Other = must come from other, dark green, red/orange or beans/peas subgroups

Meat or Meat Alternate

	K-5	6-8	9-12
Daily	1	1	2
Weekly	8-10	9-10	10-12

Amounts are listed in ounce equivalents. Daily/weekly minimums must be met.

Grains

	K-5	6-8	9-12
Daily	1	1	2
Weekly	8-9	8-10	10-12

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

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Vegetable Subgroup and Nutrient Requirements

Dark Green*

0.5 cup weekly for all grade groups

- Bok Choy
- Broccoli
- Chinese Cabbage
- Collard Greens
- Endive
- Green Leaf Lettuce
- Kale
- Mesclun
- Mustard Greens
- Romaine Lettuce
- Spinach
- Turnip Greens
- Watercress

Red/Orange

K-5 and 6-8: 0.75 cup weekly

9-12: 1.25 cups weekly

- Acorn Squash
- Butternut Squash
- Carrots
- Hubbard Squash
- Pumpkin
- Red Peppers
- Sweet Potato
- Tomatoes
- Tomato Juice

Other

K-5 and 6-8: 0.5 cup weekly

9-12: 0.75 cup weekly

- Artichokes
- Asparagus
- Avocado
- Beets
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green Beans
- Green Peppers
- Iceberg Lettuce
- Kohlrabi
- Mushrooms
- Okra
- Onions
- Radishes
- Parsnips
- Summer Squash
- Snow/Sugar Snap Peas
- Turnips
- Wax Beans
- Zucchini

The weekly portion size requirement for Other vegetables must come from Other, Dark Green, Red/ Orange or Beans/Peas.

Additional

K-5 and 6-8: 1 cup weekly

9-12: 1.5 cups weekly

Any vegetable may be served

Daily Amount Based on Average Five-Day Week			
	K-5	6-8	9-12
Min-Max calories	550-650	600-700	750-850
Sodium (mg)*	1,230	1,360	1,420
Saturated fat (% of total calories)	<10	<10	<10
Trans fat	Nutrition label or manufacturer specifications must = 0g per serving		

Beans/Peas

0.5 cup weekly for all grade groups

- Black Beans
- Black Eyed Peas
- Chickpeas
- Garbanzo Beans
- Kidney Beans
- Lentils
- Lima Beans (dry)
- Navy Beans
- Pinto Beans
- Pink Beans
- Refried Beans
- Red Beans
- Soy Beans (edamame)
- Split Peas
- White Beans

Starchy

0.5 cup weekly for all grade groups

- Cassava
- Corn
- Fresh Cowpeas
- Green Bananas
- Green Peas
- Jicama
- Lima Beans (canned/fresh)
- Plantains
- Potatoes
- Taro
- Water Chestnuts

* 1 cup of uncooked leafy greens = 0.5 cup of vegetable. *Sodium Target 1: met by July 1, 2014

See the revised Fruits and Vegetables section of the USDA Food Buying Guide for complete information.