

### Fruit

	K-12
Daily	1 cup
Weekly	5 cups

No more than half of the weekly fruit offerings can be in the form of 100 percent fruit juice. Students must select 1/2 cup fruit and/or vegetable under OVS.

### Vegetables

	K-12
Daily	Optional in place of fruit
Weekly	Optional in place of fruit

### Meat or Meat Alternate

	K-12
Daily	Optional
Weekly	Optional

Optional in place of grains after one ounce equivalent of grain has been offered.

### Milk

K-12
1 cup per day

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

Flavored Regular or Lactose  
Reduced/Free: Fat Free only

### 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	<10	<10
Trans fat	Nutrition label or manufacturer specifications must = 0g per serving		

### Grains

	K-5	6-8	9-12
Daily	1	1	1
Weekly	7-10	8-10	9-10

Amounts are listed in ounce equivalents. All grain items offered must be whole grain rich. Daily/weekly minimums must be met.