Food Group	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups)	½ per day	½ per day	1 per day

2 1/2 per week

34 per day

3 1/4 per week

1 per day

8-9 per week

1 per day

8-10 per week

1 per day

5 per week

Vegetables (cups)

Grains (ounces)

Milk (cups)

Meat/Meat Alternatives (ounces)

2 1/2 per week

34 per day

3 1/4 per week

1 per day

8-10 per week

1 per day

9-10 per week

1 per day

5 per week

5 per week

1 per day

5 per week

2 per day

10-12 per week

2 per day

10-12 per week

1 per day

5 per week

Lunch Minimum Requirements

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Judd E. Hollander

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