



REIMBURSABLE LUNCH

GRADES K-5

	Minimum per day	Amount of food per week
FRUITS	1/2 cup	2 1/2 cups
VEGETABLES	3/4 cup	3 3/4 cups
Dark green		1/2 cup
Red/orange		3/4 cup
Beans, Peas, (legumes)		1/2 cup
Starchy		1/2 cup
Other		1/2 cup
Additional vegetables (from any of the vegetable subgroups)		1 cup
GRAINS	1 oz equivalent	8-9 oz equivalent
MEAT/MEAT ALTERNATES	1 oz equivalent	8-10 oz equivalent
MILK	1 cup	5 cups

Adapted from: <http://www.fns.usda.gov/sites/default/files/dietaryspecs.pdf>



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