

# New Federal Guidelines for School Lunches

Calorie Range— Lunch Meal			
	Grades K-5	Grades 6-8	Grades 9-12
	550 – 650	600 – 700	750 – 850
Fruit Component— Lunch Meal			
	Grades K-5	Grades 6-8	Grades 9-12
	2 ½ cups weekly ½ cup per day	2 ½ cups weekly ½ cup per day	5 cups weekly 1 cup per day
Vegetable Component— Lunch Meal			
	Grades K-5	Grades 6-8	Grades 9-12
	3 ¾ cups weekly ¾ cup per day	3 ¾ cups weekly ¾ cup per day	5 cups weekly 1 cup per day
Vegetable Sub Groups — Weekly Requirements			
Dark Green	½ cup	½ cup	½ cup
Red/Orange	¾ cup	¾ cup	1 ¼ cup
Beans/Peas (Legumes)	½ cup	½ cup	½ cup
Starchy	½ cup	½ cup	½ cup
Other	½ cup	½ cup	¾ cup
Additional	1 cup	1 cup	1 ½ cup
<b>Vegetables to Reach Total</b>			