

School Age Daily and Weekly

Meal Pattern	Grades K–5	Grades 6–8	Grades K–8	Grades 9–12
Milk¹ Unflavored or flavored fat free or unflavored 1 percent low fat	5 (1) cups	5 (1) cups	5 (1) cups	5 (1) cups
Fruits	2½ (½) cups	2½ (½) cups	2½ (½) cups	5 (1) cups
Vegetables	3¾ (¾) cups	3¾ (¾) cups	3¾ (¾) cups	5 (1) cups
Dark Greens	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Red/Orange	3/4 cup	3/4 cup	3/4 cup	1 1/4 cups
Beans/Peas (Legumes)	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Starchy	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Other	1/2 cup	1/2 cup	1/2 cup	3/4 cup
Additional Vegetable	1 cup	1 cup	1 cup	1 1/2 cups