



C&F Foods

USDA School Lunch Program

Meats/Meat Alternate



Lunch Meal Pattern

Meal Pattern	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week (Minmum Per Day)		
Meats/Meat Alternate oz	8-10 (1)	9-10 (1)	10-12 (2)

Vegetables

Lunch Meal Pattern

Meal Pattern	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week (Minmum Per Day)		
Beans/Peas (Legumes) cups	0.5	0.5	0.5



Grains

Lunch Meal Pattern

Meal Pattern	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week (Minmum Per Day)		
Rice oz	8-9 (1)	8-10 (1)	10-12 (2)



*Information provided by the USDA "Federal Child Nutrition Guidelines 2013-15249."