

4. 4. Lunch Implementation Option B Minimum Requirements*.

COMPONENT	PRE-K-2	Grades 3-4	Grades 5-8	Grades 9-12
Fruit/Vegetable** Offer fresh produce whenever possible	¾ cup At least ¼ cup fresh 5 times/week	1 cup At least ¼ cup fresh 5 times/week	1 cup At least ½ cup fresh 5 times/week	1¼ cup At least ½ cup fresh 5 times/week
Meat/Meat Alternate** Emphasize lean and lower sodium choices Serve dried beans, dries peas or lentils at least once/week	1½ oz At least ¼ cup dried beans, dried peas or lentils/week	2 oz At least ¼ cup dried beans, dried peas or lentils/week	2 oz At least ½ cup dried beans, dried peas or lentils/week	2 oz At least ½ cup dried beans, dried peas or lentils/week
Bread/Bread Alternate** Emphasize whole grain products	1/day At least 5 servings/week must contain at least 33% whole grain or 5 g whole grain per 1 oz	1/day At least 5 servings/week must contain at least 33% whole grain or 5 g whole grain per 1 oz	1/day At least 5 servings/week must contain at least 33% whole grain or 5 g whole grain per 1 oz	1/day At least 5 servings/week must contain at least 33% whole grain or 5 g whole grain per 1 oz
Total servings per week	(7/week)	(9/week)	(11/week)***	(11/week)***
Milk Offer only milk with 1% or less butterfat.	8 fl oz	8 fl oz	8 fl oz	8 fl oz
Water Encourage adequate water consumption	Offer water	Offer water	Offer water	Offer water

* Require additional foods for pregnant and lactating students as specified in "Lunch Implementation Option A". (see section 4.3.2.).

** Snack Option may be chosen (see section 10.1.).

*** When 11 servings of bread/bread alternate are served per week, a total of two of the bread servings, but not more than one per day, may be grain-based desserts.

4.5. Breakfast Implementation*.

COMPONENT	Grades Pre-K-12
MILK Offer lower fat choices	8 fl oz offer only milk with 1% or less butterfat
FRUIT/VEGETABLE Offer daily a fruit, 100% juice or vegetable that is a good source of vitamin C	1/2 cup
MAY CHOOSE ONE SERVING FROM EACH OF THE FOLLOWING COMPONENTS OR TWO SERVINGS FROM ONE	
BREAD/BREAD ALTERNATE Offer whole grain varieties daily Offer low fat, low sugar, high fiber choices Cereals shall contain no more than 35% of calories from sugars	1 or 2 servings
MEAT/MEAT ALTERNATE Encourage low-fat and low-sodium choices daily	1 serving recommended

* Require additional foods for pregnant and lactating students as specified in "Lunch Implementation Option A".