

## USDA MEAL PATTERN REQUIREMENTS

Amount of food per week (minimum per day)

MENU COMPONENT	GRADES 9-12	GRADES K-8
Fruit (cups)	5 (1)	2 1/2 (1/2)
Vegetables (cups)	5 (1)	3 3/4 (3/4)
Dark Green	1/2	1/2
Red/Orange	1 1/4	3/4
Beans/Peas (legumes)	1/2	1/2
Starchy	1/2	1/2
Other Vegetables	3/4	1/2
Add'l Vegetables to Reach Total	1 1/2	1
Grain (oz eq)*	10 (2)	8 (1)
Meat/Meat Alternative (oz)	10 (2)	9 (1)
Fluid Milk (cups)**	5 (1)	5 (1)
Other Specifications: Daily Amt Based on Avg for a 5 Day Week		
Minimum-Maximum Calories	750-850	600-650
Sat Fat (% of total calories)	<10%	<10%
Sodium (mg; 2015 targets)	≤1420	≤1230
Trans Fat - Nutrition Label OR Manufacturer specifications must indicate 0 grams of trans fats per serving		

## FREE & REDUCED INCOME ELIGIBILITY GUIDELINES

HOUSEHOLD SIZE	FREE		REDUCED	
	Annual	Every Two Weeks	Annual	Every Two Weeks
1	\$15,444	\$594	\$21,978	\$846
2	20,826	801	29,637	1,140
3	26,208	1,008	37,296	1,435
4	31,590	1,215	44,955	1,730
5	36,972	1,422	52,614	2,024
6	42,354	1,629	60,273	2,319
7	47,749	1,837	67,951	2,614
8	53,157	2,045	75,647	2,910
Each Addt'l Member	+ 5,408	+208	+7,696	+296