

Grains Component

Minimum Requirements for Schools

LUNCH

| Grades | Daily | Weekly |
|--------|---------|-------------|
| K–5 | 1 oz eq | 8–9 oz eq |
| 6–8 | 1 oz eq | 8–10 oz eq |
| 9–12 | 2 oz eq | 10–12 oz eq |

- The minimum creditable serving is 0.25 oz eq.
- At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich, and the remaining grains items offered must be enriched.
- Up to 2 oz eq grains per week may be credited as a grain-based dessert at lunch.



- The following schools may serve any vegetable to meet the grains component:
 - Schools in American Samoa, Guam, Hawaii, Puerto Rico, and the U.S. Virgin Islands.
 - School food authorities and schools that are:
 - Tribally operated,
 - Operated by the Bureau of Indian Education, or
 - Primarily serving American Indian or Alaska Native children.

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