



Meats/Meat Alternates Component

Minimum Requirements for Schools

LUNCH

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

- There is no meats/meat alternates requirement for breakfast. Schools may substitute 1 oz eq of meats/meat alternates for 1 oz eq of grains after the minimum daily grains requirement is met. A school may also offer meats/meat alternates as an extra food and not credit the item toward any component.
- Credit beans/peas (legumes) as EITHER vegetables or meats/meat alternates, not both.



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