



# 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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