

### Grades 9-12: Ascending Ranges (750-850 CALORIES)

MEAL COMPONENTS		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEKLY M/MA MINIMUM: 10 oz. eq.	MEAT/MEAT ALTERNATE— CHOICE #1	Meat/MA D 300-349 cal.	Meat/MA B 200-249 cal.	Meat/MA D 300-349 cal.	Meat/MA C 250-299 cal.	Meat/MA B 200-249 cal.
	GRAIN— CHOICE #1	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.
	MEAT/MEAT ALTERNATE— CHOICE #2	Meat/MA B 200-249 cal.	Meat/MA C 250-299 cal.	Meat/MA D 300-349 cal.	Meat/MA E 350-399 cal.	Meat/MA F 400+ cal.
	GRAIN— CHOICE #2	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.
	MEAT/MEAT ALTERNATE— CHOICE #2	Meat/MA B 200-249 cal.	Meat/MA C 250-299 cal.	Meat/MA D 300-349 cal.	Meat/MA E 350-399 cal.	Meat/MA F 400+ cal.
DAILY M/MA MINIMUM: 2 oz. eq.	GRAIN— CHOICE #2	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.
WEEKLY GRAIN MINIMUM: 10 oz. eq.	MEAT/MEAT ALTERNATE— CHOICE #2	Meat/MA B 200-249 cal.	Meat/MA C 250-299 cal.	Meat/MA D 300-349 cal.	Meat/MA E 350-399 cal.	Meat/MA F 400+ cal.
	GRAIN— CHOICE #2	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.	Grain 2 oz. eq.
DAILY MIN.: 1 cup	VEGETABLE—CHOICE #1	Dark Green	Red/Orange	Bean/ Pea	Starchy	Red/Orange
	VEGETABLE—CHOICE #2	Other	Starchy	Red/Orange	Dark Green	Starchy
WEEKLY MIN.: 5 cups	VEGETABLE—CHOICE #3	Starchy	Dark Green	Other	Other	Other
	FRUIT—CHOICE #1	Fruit B 50-74 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit D 100+ cal.
DAILY MIN.: 1 cup	FRUIT—CHOICE #2	Fruit C 75-99 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit B 50-74 cal.	Fruit A 0-49 cal.
	FRUIT—CHOICE #3	Fruit B 50-74 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit C 75-99 cal.	Fruit D 100+ cal.
WEEKLY MIN.: 5 cups	MILK —CHOICE #1	Milk	Milk	Milk	Milk	Milk
	MILK —CHOICE #2	Milk	Milk	Milk	Milk	Milk
CONDIMENTS		Condiments	Condiments	Condiments	Condiments	Condiments
DESSERT						

Desserts included only if needed for calories.

Grain based desserts must be credited as a grain component; a maximum of 2 oz. eq. of grain based desserts may be menued per week.

**SODIUM ALLOWANCE:** Offer lunch menus that supply a weekly average of no more than the maximum sodium level for Grades 9-12.

**SATURATED FAT ALLOWANCE:** On average, daily menus should aim for less than 10 percent of calories to come from saturated fat, in order to achieve a weekly menu goal of less than 10 percent of total calories coming from saturated fat.