

Optional Lunch Menu Plan for K-12 Virtual Learners

This is an optional lunch menu plan for K-12 or 6-12 schools or non-congregate feeding for virtual learners. The Menu is planned to use the K-8 meal pattern with additional offering(s) for high school students. Districts would select one of the options from the K-8 column and offer high school students' additional food from the 9-12 column. Students in 9-12 could decline the additional items offered.

LUNCH Meal Pattern	OPTION 1		OPTION 2		OPTION 3	
	K-8 Option 1	Additional Food to Offer 9-12	K-8 Option 2	Additional Food to Offer 9-12	K-8 Option 3	Additional Food to Offer 9-12
Fruit (cups)	½ cup (2 ½ cup/week)	+ ½ cup (2 ½ cup/week)	½ cup (2 ½ cup/week)	+ ½ cup (2 ½ cup/week)	½ cup (2 ½ cup/week)	+ ½ cup (2 ½ cup/week)
Vegetable (cups)	1 cup (5 cup/week)		1 cup (5 cup/week)		¾ cup (3 ¾ cup/week)	+ ¼ cup (1 ¼ cup/week)
Dark Green	½ cup		½ cup		½ cup	
Red/Orange	1 ¼ cup		1 ¼ cup		¾ cup	+ ½ cup/week
Beans and Peas	½ cup		½ cup		½ cup	
Starchy	½ cup		½ cup		½ cup	
Other	¾ cup		¾ cup		½ cup	+ ¼ cup/week
Grains (oz eq)	2oz eq (10 oz eq/week)		1-2oz eq (9-10 oz eq/week)	+ 1oz eq/week	2oz eq (10 oz eq/week)	
Meat/Meat Alternate (oz eq)	2oz eq (10 oz eq/week)		2oz eq (10 oz eq/week)		2oz eq (10 oz eq/week)	
Fluid Milk (cups)	1 cup (5 cup/week)		1 cup (5 cup/week)		1 cup (5 cup/week)	

Dietary Specifications apply. An approved waiver is necessary to meet Sodium Target 1 levels. If a waiver is not approved, then you must meet Sodium Target 2 (K-8 ≤935 and 9-12 ≤.1080).