

**Short and Long Week Calculations (rounded to nearest 0.5 oz eq and 0.25 cup)**

Final meal pattern requirements from memo SP10-2012

\*Applies to schools who regularly operate on a shorter or longer weekly cycle

\*Since the dietary specifications are based on a average daily amounts, these are unaffected by varying week lengths (average over length of week, whether consisting of 3 to 7 days)

\*\*Due to size of weekly vegetable subgroup requirements, the 20% adjustment is not practical. Therefore, adjustments are primarily made to the “Additional Vegetable” category only- which in turn allows increased or decreased offering amounts of any of the subgroups to meet this requirement.

**Three Day School Week Meal Component Adjustments**

<b>3-day School Week- Breakfast</b>	Grades K-8	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups)	3 (1)	3 (1)	3 (1)	3 (1)	3 (1)
Grains (oz eq)	5-6 (1)	4-6 (1)	5-6 (1)	5.5-6 (1)	5.5-6 (1)
Fluid Milk (cups)	3 (1)	3 (1)	3 (1)	3 (1)	3 (1)
Min-max Calories, daily avg	400-500	350-500	400-550	450-600	450-500

<b>3-day School Week- Lunch</b>	Grades K-8	Grades K-5	Grades 6-8	Grades 9-12
	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups)	1.5 (0.5)	1.5 (0.5)	1.5 (0.5)	3 (1)
Vegetables (cups)	2.25 (0.75)	2.25 (0.75)	2.25 (0.75)	3 (1)
Dark Green	0.5	0.5	0.5	0.5
Red/Orange	0.5	0.5	0.5	1
Beans/Peas (Legumes)	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.25	0.25	0.25	0.5
Additional Veg to Reach Total	0	0	0	0
Grains (oz eq)	5- 5.5 (1)	5- 5.5 (1)	5-6 (1)	6-7 (2)
Meats/Meat Alts (oz eq)	5.5-6 (1)	5-6 (1)	5.5-6 (1)	6-7 (2)
Fluid Milk (cups)	3 (1)	3 (1)	3 (1)	3 (1)
Min-max Calories, daily avg	600-650	550-650	600-700	750-850

**Four Day School Week Meal Component Adjustments**

<b>4-day School Week- Breakfast</b>	Grades K-8	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups)	4 (1)	4 (1)	4 (1)	4 (1)	4 (1)
Grains (oz eq)	6.5-8 (1)	5.5-8 (1)	6.5-8 (1)	7-8 (1)	7-8 (1)
Fluid Milk (cups)	4 (1)	4 (1)	4 (1)	4 (1)	4 (1)
Min-max Calories, daily avg	400-500	350-500	400-550	450-600	450-500

<b>4-day School Week-Lunch</b>	<b>Grades K-8</b>	Grades K-5	Grades 6-8	Grades 9-12
	<b>Weekly (daily)</b>	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups)	2 (0.5)	2 (0.5)	2 (0.5)	4 (1)
Vegetables (cups)	3 (0.75)	3 (0.75)	3 (0.75)	4 (1)
Dark Green	0.5	0.5	0.5	0.5
Red/Orange	0.75	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.5	0.75
Additional Veg to Reach Total	0.25	0.25	0.25	0.5
Grains (oz eq)	6.5-7 (1)	6.5-7 (1)	6.5-8 (1)	8-9.5 (2)
Meats/Meat Alts (oz eq)	7-8 (1)	6.5-8 (1)	7-8 (1)	8-9.5 (2)
Fluid Milk (cups)	4 (1)	4 (1)	4 (1)	4 (1)
Min-max Calories, daily avg	600-650	550-650	600-700	750-850

#### Five Day School Week Meal Component Adjustments

<b>5-day School Week-Breakfast</b>	<b>Grades K-8</b>	Grades K-5	Grades 6-8	Grades 9-12	<b>Grades K-12</b>
	<b>Weekly (daily)</b>	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Grains (oz eq)	8-10 (1)	7-10 (1)	8-10 (1)	9-10 (1)	9-10 (1)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)
Min-max Calories, daily avg	400-500	350-500	400-550	450-600	450-500

<b>5-day School Week-Lunch</b>	<b>Grades K-8</b>	Grades K-5	Grades 6-8	Grades 9-12
	<b>Weekly (daily)</b>	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups)	2.5 (0.5)	2.5 (0.5)	2.5 (0.5)	5 (1)
Vegetables (cups)	3.75 (0.75)	3.75 (0.75)	3.75 (0.75)	5 (1)
Dark Green	0.5	0.5	0.5	0.5
Red/Orange	0.75	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.5	0.75
Additional Veg to Reach Total	1	1	1	1.5
Grains (oz eq)	8-9 (1)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alts (oz eq)	9-10 (1)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)	5 (1)
Min-max Calories, daily avg	600-650	550-650	600-700	750-850

### Six Day School Week Meal Component Adjustments

<b>6-day School Week- Breakfast</b>	Grades K-8	Grades K-5	Grades 6-8	Grades 9-12	Grades K-12
	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups)	6 (1)	6 (1)	6 (1)	6 (1)	6 (1)
Grains (oz eq)	9.5-12 (1)	8.5-12 (1)	9.5-12 (1)	11-12 (1)	11-12 (1)
Fluid Milk (cups)	6 (1)	6 (1)	6 (1)	6 (1)	6 (1)
Min-max Calories, daily avg	400-500	350-500	400-550	450-600	450-500

<b>6-day School Week- Lunch</b>	Grades K-8	Grades K-5	Grades 6-8	Grades 9-12
	Weekly (daily)	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups)	3 (0.5)	3 (0.5)	3 (0.5)	6 (1)
Vegetables (cups)	4.5 (0.75)	4.5 (0.75)	4.5 (0.75)	6 (1)
Dark Green	0.5	0.5	0.5	0.5
Red/Orange	0.75	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.5	0.75
Additional Veg to Reach Total	1.75	1.75	1.75	2.5
Grains (oz eq)	9.5-11 (1)	9.5-11 (1)	9.5-12 (1)	12-14.5 (2)
Meats/Meat Alts (oz eq)	11-12 (1)	9.5-12 (1)	11-12 (1)	12-14.5 (2)
Fluid Milk (cups)	6 (1)	6 (1)	6 (1)	6 (1)
Min-max Calories, daily avg	600-650	550-650	600-700	750-850

**Seven Day School Week Meal Component Adjustments**

<b>7-day School Week-Breakfast</b>	<b>Grades K-8</b>	Grades K-5	Grades 6-8	Grades 9-12	<b>Grades K-12</b>
	<b>Weekly (daily)</b>	Weekly (daily)	Weekly (daily)	Weekly (daily)	<b>Weekly (daily)</b>
Fruits (cups)	7 (1)	7 (1)	7 (1)	7 (1)	7 (1)
Grains (oz eq)	11-14 (1)	10-14 (1)	11-14 (1)	12.5-14 (1)	12.5-14 (1)
Fluid Milk (cups)	7 (1)	7 (1)	7 (1)	7 (1)	7 (1)
Min-max Calories, daily avg	400-500	350-500	400-550	450-600	450-500

<b>7-day School Week-Lunch</b>	<b>Grades K-8</b>	Grades K-5	Grades 6-8	Grades 9-12
	<b>Weekly (daily)</b>	Weekly (daily)	Weekly (daily)	Weekly (daily)
Fruits (cups)	3.5 (0.5)	3.5 (0.5)	3.5 (0.5)	7 (1)
Vegetables (cups)	5.25 (0.75)	5.25 (0.75)	5.25 (0.75)	7 (1)
Dark Green	0.5	0.5	0.5	0.5
Red/Orange	0.75	0.75	0.75	1.25
Beans/Peas (Legumes)	0.5	0.5	0.5	0.5
Starchy	0.5	0.5	0.5	0.5
Other	0.5	0.5	0.5	0.75
Additional Veg to Reach Total	2.5	2.5	2.5	3.5
Grains (oz eq)	11-12.5 (1)	11-12.5 (1)	11-14 (1)	14-17 (2)
Meats/Meat Alts (oz eq)	12.5-14 (1)	11-14 (1)	12.5-14 (1)	14-17 (2)
Fluid Milk (cups)	7 (1)	7 (1)	7 (1)	7 (1)
Min-max Calories, daily avg	600-650	550-650	600-700	750-850

7/10/13