

# Lunch or Supper

Select all four components for a reimbursable meal.

Food Components	Minimum Amount
<b>Vegetables and Fruits</b>	<b>Required</b>
<b>Vegetable or fruit<sup>8</sup> or</b>	¾ cup
<b>full-strength vegetable or fruit juice</b>	¾ cup <sup>9</sup> (3 fluid ounces)
<b>Grains/Breads</b>	<b>Required</b>
<b>Bread or</b>	1 slice
<b>Cornbread, biscuits, rolls, muffins, etc.<sup>1</sup> or</b>	1 serving
<b>Ready-to-eat cereal or</b>	¾ cup or 1 ounce <sup>10</sup>
<b>Cooked cereal or cereal grains or</b>	½ cup
<b>Cooked pasta or noodle products</b>	½ cup
<b>Milk</b>	<b>Required</b>
<b>Fluid milk (whole, low-fat or fat-free)</b>	1 cup (½ pint, 8 fluid ounces)
<b>Meat and Meat Alternates</b>	<b>Required</b>
<b>Lean meat or poultry or fish or</b>	2 ounces
<b>Alternate protein products<sup>11</sup> or</b>	2 ounces
<b>Cheese or</b>	2 ounces
<b>Egg (large) or</b>	1
<b>Cooked dry beans, peas or lentils, or</b>	½ cup
<b>Peanut or other nut or seed butters or</b>	4 tablespoons

<sup>8</sup> Serve two or more kinds of vegetable or fruits or a combination of both.

<sup>9</sup> No more than 50 percent of the fruit and vegetable requirement may be met with full-strength vegetable or fruit juice. While providers may serve more than this amount, only ¾ cup may count towards the fruit and vegetable requirement.

<sup>10</sup> Either volume (cup) or weight (ounces), whichever is less.

<sup>11</sup> Must meet the requirements of 7 CFR 225 Appendix A.

Food Components	Minimum Amount
<b>Nuts or seeds<sup>12</sup> or</b>	1 ounce = 50% <sup>13</sup>
<b>Yogurt<sup>14</sup></b>	8 ounces or 1 cup
<b>Tofu<sup>15</sup></b>	½ cup or 4.4 ounces

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<sup>12</sup> Tree nuts and seeds that may be used as meat alternate are listed in Program guidance.

<sup>13</sup> Through June 30, 2024, no more than 50 percent of the requirement must be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For purposes of determining combinations, one ounce of nuts or seeds is equal to one ounce of cooked lean meat, poultry or fish. Effective July 1, 2024, nuts and seeds may credit for the entire meats/meat alternates requirement at all meals and snacks.

<sup>14</sup> Plain or flavored, unsweetened or sweetened.

<sup>15</sup> 2.2 ounces by weight (ozw), or ¼ cup by volume, of commercially prepared tofu, containing at least 5 grams of protein, is creditable as 1.0 ounce equivalent of meat alternate (*Revised: Crediting Tofu and Soy Yogurt Products in the School Meal Programs, CACFP, and SFSP*, November 29, 2023, <https://www.fns.usda.gov/cn/crediting-tofu-and-soy-yogurt-products-school-meal-programs-and-cacfp>).