

# Meal Component Adjustments

## *Short and Long Week Calculations*

- \* Calculations are rounded to the nearest 0.5 oz eq and 0.25 cup
- \* ONLY applies to schools who **regularly operate** on a shorter or longer weekly cycle
- \* Since the dietary specifications are based on 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><i>Breakfast 3-day School</i></b>	<b>Grades K – 5 Weekly (daily)</b>	<b>Grades 6 – 8 Weekly (daily)</b>	<b>Grades 9 – 12 Weekly (daily)</b>	<b>Grades K – 12 Weekly (daily)</b>
<i>Fruits (cups)</i>	3 (1)	3 (1)	3 (1)	3 (1)
<i>Grains (oz eq)</i>	4 (1)	5 (1)	5.5 (1)	5.5 (1)
<i>Fluid Milk (cups)</i>	3 (1)	3 (1)	3 (1)	3 (1)

<b><i>Lunch 3-day School</i></b>	<b>Grades K – 5 Weekly (daily)</b>	<b>Grades 6 – 8 Weekly (daily)</b>	<b>Grades K – 8 Weekly (daily)</b>	<b>Grades 9 – 12 Weekly (daily)</b>
<i>Fruits (cups)</i>	1.5 (0.5)	1.5 (0.5)	1.5 (0.5)	3 (1)
<i>Vegetables (cups)</i>	2.25 (0.75)	2.25 (0.75)	2.25 (0.75)	3 (1)
<i>Dark Green</i>	0.5	0.5	0.5	0.5
<i>Red/Orange</i>	0.5	0.5	0.5	1
<i>Beans/Peas (Legumes)</i>	0.5	0.5	0.5	0.5
<i>Starchy</i>	0.5	0.5	0.5	0.5
<i>Other</i>	0.25	0.25	0.25	0.5
<i>Additional Veg to Reach Total</i>	0	0	0	0
<i>Grains (oz eq)</i>	5 (1)	5 (1)	5 (1)	6 (2)
<i>Meat/Meat Alternates (oz eq)</i>	5 (1)	5.5 (1)	5.5 (1)	6 (2)
<i>Fluid Milk (cups)</i>	3 (1)	3 (1)	3 (1)	3 (1)

## Four Day School Week Meal Component Adjustments

<b>Breakfast 4-day School</b>	<b>Grades K – 5 Weekly (daily)</b>	<b>Grades 6 – 8 Weekly (daily)</b>	<b>Grades 9 – 12 Weekly (daily)</b>	<b>Grades K – 12 Weekly (daily)</b>
<i>Fruits (cups)</i>	4 (1)	4 (1)	4 (1)	4 (1)
<i>Grains (oz eq)</i>	5.5 (1)	6.5 (1)	7 (1)	7 (1)
<i>Fluid Milk (cups)</i>	4 (1)	4 (1)	4 (1)	4 (1)

<b>Lunch 4-day School</b>	<b>Grades K – 5 Weekly (daily)</b>	<b>Grades 6 – 8 Weekly (daily)</b>	<b>Grades K – 8 Weekly (daily)</b>	<b>Grades 9 – 12 Weekly (daily)</b>
<i>Fruits (cups)</i>	2 (0.5)	2 (0.5)	2 (0.5)	4 (1)
<i>Vegetables (cups)</i>	3 (0.75)	3 (0.75)	3 (0.75)	4 (1)
<i>Dark Green</i>	0.5	0.5	0.5	0.5
<i>Red/Orange</i>	0.75	0.75	0.75	1.25
<i>Beans/Peas (Legumes)</i>	0.5	0.5	0.5	0.5
<i>Starchy</i>	0.5	0.5	0.5	0.5
<i>Other</i>	0.5	0.5	0.5	0.75
<i>Additional Veg to Reach Total</i>	0.25	0.25	0.25	0.5
<i>Grains (oz eq)</i>	6.5 (1)	6.5 (1)	6.5 (1)	8 (2)
<i>Meat/Meat Alternates (oz eq)</i>	6.5 (1)	7 (1)	7 (1)	8 (2)
<i>Fluid Milk (cups)</i>	4 (1)	4 (1)	4 (1)	4 (1)

## Six Day School Week Meal Component Adjustments

<b>Breakfast 6-day School</b>	<b>Grades K – 5 Weekly (daily)</b>	<b>Grades 6 – 8 Weekly (daily)</b>	<b>Grades 9 – 12 Weekly (daily)</b>	<b>Grades K – 12 Weekly (daily)</b>
<i>Fruits (cups)</i>	6 (1)	6 (1)	6 (1)	6 (1)
<i>Grains (oz eq)</i>	8.5 (1)	9.5 (1)	11 (1)	11 (1)
<i>Fluid Milk (cups)</i>	6 (1)	6 (1)	6 (1)	6 (1)

<b>Lunch 6-day School</b>	<b>Grades K – 5 Weekly (daily)</b>	<b>Grades 6 – 8 Weekly (daily)</b>	<b>Grades K – 8 Weekly (daily)</b>	<b>Grades 9 – 12 Weekly (daily)</b>
<i>Fruits (cups)</i>	3 (0.5)	3 (0.5)	3 (0.5)	6 (1)
<i>Vegetables (cups)</i>	4.5 (0.75)	4.5 (0.75)	4.5 (0.75)	6 (1)
<i>Dark Green</i>	0.5	0.5	0.5	0.5
<i>Red/Orange</i>	0.75	0.75	0.75	1.25
<i>Beans/Peas (Legumes)</i>	0.5	0.5	0.5	0.5
<i>Starchy</i>	0.5	0.5	0.5	0.5
<i>Other</i>	0.5	0.5	0.5	0.75
<i>Additional Veg to Reach Total</i>	1.75	1.75	1.75	2.5
<i>Grains (oz eq)</i>	9.5 (1)	9.5 (1)	9.5 (1)	12 (2)
<i>Meat/Meat Alternates (oz eq)</i>	9.5 (1)	11 (1)	11 (1)	12 (2)
<i>Fluid Milk (cups)</i>	6 (1)	6 (1)	6 (1)	6 (1)

## Seven Day School Week Meal Component Adjustments

<b>Breakfast 7-day School</b>	<b>Grades K – 5 Weekly (daily)</b>	<b>Grades 6 – 8 Weekly (daily)</b>	<b>Grades 9 – 12 Weekly (daily)</b>	<b>Grades K – 12 Weekly (daily)</b>
<i>Fruits (cups)</i>	7 (1)	7 (1)	7 (1)	7 (1)
<i>Grains (oz eq)</i>	10 (1)	11 (1)	12.5 (1)	12.5 (1)
<i>Fluid Milk (cups)</i>	7 (1)	7 (1)	7 (1)	7 (1)

<b>Lunch 7-day School</b>	<b>Grades K – 5 Weekly (daily)</b>	<b>Grades 6 – 8 Weekly (daily)</b>	<b>Grades K – 8 Weekly (daily)</b>	<b>Grades 9 – 12 Weekly (daily)</b>
<i>Fruits (cups)</i>	3.5 (0.5)	3.5 (0.5)	3.5 (0.5)	7 (1)
<i>Vegetables (cups)</i>	5.25 (0.75)	5.25 (0.75)	5.25 (0.75)	7 (1)
<i>Dark Green</i>	0.5	0.5	0.5	0.5
<i>Red/Orange</i>	0.75	0.75	0.75	1.25
<i>Beans/Peas (Legumes)</i>	0.5	0.5	0.5	0.5
<i>Starchy</i>	0.5	0.5	0.5	0.5
<i>Other</i>	0.5	0.5	0.5	0.75
<i>Additional Veg to Reach Total</i>	2.5	2.5	2.5	3.5
<i>Grains (oz eq)</i>	11 (1)	11 (1)	11 (1)	14 (2)
<i>Meat/Meat Alternates (oz eq)</i>	11 (1)	12.5 (1)	12.5 (1)	14 (2)
<i>Fluid Milk (cups)</i>	7 (1)	7 (1)	7 (1)	7 (1)