

Components	Breakfast	Lunch/Supper	Snack	Limitations within components
Required	3-4 components	4-5 components 5 items	2 components	Key: oz. = ounce; T = Tablespoon
Milk	6 oz.	6 oz.	4 oz.	<ul style="list-style-type: none"> For any other milk substitution request, contact the PSESD Flavored milk is not allowed due to high sugar content Water is not on the table when milk is served
1% or Fat Free Cow's Milk, Lactose-Free, USDA Approved Soy Milk: 8 th Continent (Original), Pacific Ultra (Plain), Great Value (Original), Kirkland Original (Plain), Silk (Original)				
Vegetables	½ cup Fruit or Vegetable [or portions of both]	¼ cup*	½ cup	<ul style="list-style-type: none"> * 2 servings of different vegetables may replace the fruit component at lunch Serve 2 or more choices of raw vegetables Choking hazard: raw (cut to less than ½ inch)
Juice/Fruit	½ cup Fruit or Veg. [or portions of both]	¼ cup*	½ cup	<ul style="list-style-type: none"> Limit 100% Juice/Smoothies 1x per day per site
Grain	[½ oz. eq.]: ½ slice bread, ½ roll, bun, muffin, ¼ cup pasta, noodles, grain [1/2 oz. equivalent serving size]			<ul style="list-style-type: none"> Whole Grain Served ≥1x/day: Contains 8g whole grain per oz. or grain content is 50% WG by weight or 1st ingredient must be a whole grain (i.e. whole wheat, oatmeal, brown rice, whole barley, whole corn) Breakfast cereals must have ≤ 6g sugar per oz. and include whole/enriched grains. Starchy vegetables are not a grain.
Granola Bars/Cookies/Toaster Pastry/Desserts	Not creditable	Not creditable	Not Creditable	
Cereal, dry ready-to-eat	½ oz. [½ oz. eq.]	Not creditable	½ oz.	
Bread	½ slice [½ oz. eq.]	½ slice [½ oz. eq.]	½ serving	
Pasta or Rice	¼ cup [½ oz. eq.]	¼ cup [½ oz. eq.]	¼ cup	
Cereal, cooked	¼ cup [½ oz. eq.]	Not creditable	¼ cup	
Meat/Alternate	Optional [May replace grain ≤3x per week]			<ul style="list-style-type: none"> Processed meats (sausage, corn dogs, hot dogs, luncheon meats [bologna], cannot contain fillers Peanut butter and nut butters must be served with another meat/meat alternative at Lunch and Supper Yogurt must contain ≤23 g sugar per 6 oz. serving Tofu must be commercially prepared and be soybean derived with the basic ingredient being whole soybeans, ≥1 food-grade coagulants, and water AND contain 5 g of protein per 2.2 oz.
Meat, poultry, fish, cheese	½ oz.	1½ oz.	½ oz.	
Egg	¼ egg	¾ egg	¼ egg	
Cottage Cheese	1/8 cup	3/8 cup or 3 oz.	1/8 cup	
Cooked dry beans/peas	2T	¾ cup	2T	
Tofu	1.1 oz.	3.3 oz.	1.1 oz.	
Nut/Seed butters/PNB	1T	3T + add. meat/alt	1 T	
Yogurt	2 oz. or ¼ cup	6 oz. or ¾ cup	2 oz. or ¼ cup	