

**4-Day Week Calculations** (rounded to nearest 0.5 oz. eq and 0.25 cup)

\*Since the dietary specifications are based on average daily amounts, these are unaffected by varying week lengths

\*\*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.

\*\*\*Remember excess amounts of dark green, red/orange, and beans/peas (legumes) can be counted toward the "other" subgroup requirement.

**Four Day School Week Meal Component Adjustments****BREAKFAST**

| 4-day School Week | Grades K-5<br>Weekly (daily) | Grades 6-8<br>Weekly (daily) | Grades K-8<br>Weekly (daily) | Grades 9-12<br>Weekly (daily) |
|-------------------|------------------------------|------------------------------|------------------------------|-------------------------------|
| Fruits (cups)     | 4 (1)                        | 4 (1)                        | 4 (1)                        | 4 (1)                         |
| Grains (oz. eq)   | 5.5 (1)                      | 6.5 (1)                      | 6.5 (1)                      | 7 (1)                         |
| Fluid Milk (cups) | 4 (1)                        | 4 (1)                        | 4 (1)                        | 4 (1)                         |

**LUNCH**

| 4-day School Week                | Grades K-5<br>Weekly (daily) | Grades 6-8<br>Weekly (daily) | Grades K-8<br>Weekly (daily) | Grades 9-12<br>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<br>Total | 0.25                         | 0.25                         | 0.25                         | 0.5                           |
| Grains (oz. eq)                  | 6.5 (1)                      | 6.5 (1)                      | 6.5 (1)                      | 8 (2)                         |
| Meats/Meat Alts (oz. eq)         | 6.5 (1)                      | 7 (1)                        | 7 (1)                        | 8 (2)                         |
| Fluid Milk (cups)                | 4 (1)                        | 4 (1)                        | 4 (1)                        | 4 (1)                         |