

New Meal Pattern Grain Requirements

Below is an example of how you might count the grains that you are serving in a week's time.

(The USDA has not finalized this procedure yet.)

***1/2 of all grains must be whole grain rich**

Grades K – 5 weekly grain quantity is 8-9 oz. equivalent			Grades 6 – 8 weekly grain quantity is 8-10 oz. equivalent			Grades 9 – 12 weekly grain quantity is 10-12 oz. equivalent								
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
Line 1	Line 2	Line 3	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3	Line 1	Line 2	Line 3
Grains served	Grains served	Grains served	Grains served	Grains served	Grains served	Grains served	Grains served	Grains served	Grains served	Grains served	Grains served	Grains served	Grains served	Grains served
1	1.5	3	2	2	2	1.5	2	2.5	1.5	2	3	2	2	2
Low 1 – 3 High			Low 2 – 2 High			Low 1.5 – 2.5 High			Low 1.5 – 3 High			Low 2 – 2 High		

Weekly Total for Low is 8 Grain oz. served – Weekly Total for High is 12.5 Grain oz. served

1. If this was a K-5 scenario, then the low for the week would fit but they would have to reduce the high so that it met the 9 maximum.
2. If this was a 6-8 scenario, then the low for the week would fit but they would have to adjust or reduce high so that it met the 10 maximum.
3. If this was a 9-12 scenario, then the low for week would be too low and they would have to adjust it, they have to offer 2 breads as a minimum each day so that would need to be adjusted and the high is too high and that would need to be adjusted as well.