Portion Comparison

Food Groups/ Nutrition	Traditional Lunch	SSO Breakfast	SSO Lunch
Proteins	4-5 oz.	0	2 oz. daily / 10 oz. weekly
Grains	1 Cup	1 oz. daily / 9 oz. weekly	1 oz. daily / 10 oz. weekly
Vegetables	1 Cup	0	1 Cup Daily
Fruits	1 Cup	1 C. Daily/ 5 C. Weekly	1 C. Daily/ 5 C. Weekly
Calories	N/A	450-500	750-850
Saturated Fat	N/A	<10%	<10%
Sodium	N/A	<540 mg	<1080 mg