



We Can Do This:
Advice and
Resources for

Meeting the New Meal Pattern

as of July 2012



Purpose:

School Nutrition Professionals are in the process of implementing the new USDA Meal Pattern and have asked for SNA to provide easy-to-find answers to their Meal Pattern questions as well as sample menus and tools from States and local school districts that will help others not have to “reinvent the wheel.” For the entire “New Meal Planning Guidelines: A Companion Guide,” visit www.schoolnutrition.org/mealpattern.

Contents:

This Resource Guide will be updated as new guidance and additional examples become available. USDA Frequently Asked Questions (FAQ’s) are incorporated in the appropriate chapter(s). This Guide covers Lunch Programs only.

Ad Hoc Committee:

Colleen Fillmore
Director of Child Nutrition
Idaho Department of Education
Boise, ID

Wanda Grant, SNS
Child Nutrition Director
Palm Springs Unified School District
Palm Springs, CA

Catherine Digilio Grimes, SNS
State Director, School Nutrition Programs
Virginia Department of Education
Richmond, VA

Lynn Harvey, SNS
Section Chief, Child Nutrition Services
North Carolina Public Schools
Raleigh, NC

Penny McConnell, SNS
Director, Food & Nutrition Services
Fairfax County Public Schools
Vienna, VA

Pat McCoy, SNS
Vice President, Field Sales
Schwan’s Food Service, Inc.
Marshall, MN

Katie Millett
Director
MA Department of Elementary and Secondary
Education
Abington, MA

Jean Ronnei, SNS
Director, Nutrition & Custodial Services
St. Paul Public Schools
Saint Paul, MN

Robin Safley
Director of Food, Nutrition & Wellness
Florida Department of Agriculture
Tallahassee, FL

Ken Yant
Director of School Nutrition
Gwinnett County School District
Suwanee, GA

U.S. Department of Agriculture
Washington, DC/Alexandria, VA

Project Consultant:

George Sneller (*retired*)
Jacksonville, FL
Former Child Nutrition Director
Office of Superintendent of Public Instruction
Washington State

SNA Staff:

Cathy Schuchart
Danny Seymour
Sarah Murphy
Bryce Drapeaux (*intern*)



Table of Contents

PHOTO CREDITS: ISTOCKPHOTO.COM & PHOTODISC

Chapter I: Meal Pattern—What is it and When Does It Need to be in Place? 2

Summary of New Meal Pattern & Timelines	2
Resources	2

Chapter II: Digging Deep into Each Category 3

Grains	3
Meat/Meat Alternate	4
Milk.....	4
Fruits.....	5
Vegetables.....	5
Sodium	6
Calories	7
Fats.....	7

Chapter III: Offer vs. Serve (OVS)—Must Take a Fruit or Vegetable 8

What Has to be Posted Before the Serving Line	9
Resources	9
Meal Pattern Samples	10
Beginning of Serving Line Signage Sample	11

Chapter IV: Extra Reimbursement—What You Need to Do to Get It 12

Summary of Requirement & Timelines.....	12
Resources	12
Timeline.....	13

Chapter V: Menu Planning Tools 14

Meal Pattern Sample.....	14
What to do if Grades Overlap.....	15
Sample Menus K-5	16-26
Sample Menus 6-8.....	27, 28
Sample Menus 9-12.....	29, 30
Sample Menus K-8	31, 32
USDA Worksheets K-5.....	33-36
Resources	37
USDA Links.....	38
USDA Tools	39

Chapter VI: Educating Parents 40

Sample Letter	40
Template Press Release.....	41
Talking Points and more.....	42

Appendices & Resources 43

Appendix A - Approved Beans	43
Appendix B - Approved Vegetables	44
Appendix C - Approved Grains	45-47

NOTE: Content is subject to change.



Chapter I: Meal Pattern—What is it and When Does It Need to be in Place?

Summary of New Meal Patterns & Timelines

USDA Memo SP 10-2012—Revised April 27, 2012 “Nutrition Standards in the National School Lunch and School Breakfast Programs”
<http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP10-2012osr2.pdf>

The new meal pattern for the National School Lunch and Breakfast programs was announced by USDA in the Spring of 2012. The new requirements will go into effect on July 1, 2012. There are many changes that must be understood and put in place by the beginning of school year 2012-13. Some of the changes will be phased in over the next several years. This guide is presented as a resource for school districts and state agencies to assist in bridging the gaps between what has been in the past and what is to be in school year 2012-13.

When one describes the new meal pattern as “food based” that is not entirely the case. Granted, menus must be developed to include specific foods ranging from grain products considered “whole grain-rich” to vegetables of certain colors, nutrient analyses must be conducted to ensure that not only are the prescribed foods offered in the serving sizes required but that calories and

saturated fat are also held within prescribed limits. The new meal pattern is food based and requires minimum and maximum calories averaged over a typical school week. There are maximum levels of saturated fat. Trans fat has been eliminated altogether. Each menu must be prepared with different requirements for the grade groups K-5, 6-8 and 9-12. K-5 and 6-8 can be combined due to an overlap on minimum/maximum average calories for the week. These are some of the major changes this guide presents to enable our members to be successful in meeting the requirements and continuing to serve meals that are acceptable to students.

Materials presented in this guide have been collected from the National Food Service Management Institute, USDA and various state agencies. **Please refer to USDA memos for the most up-to-date information.**

Resources

USDA Best Practices Sharing Center

This collection is intended for School Food Authorities and State Agencies to share resources and tools they use to serve healthy menus that meet school meal regulations.

<http://healthymeals.nal.usda.gov/best-practices>

USDA Food and Nutrition Service School Meals Policy Memos

<http://www.fns.usda.gov/cnd/Governance/policy.htm>

- **Child Nutrition Reauthorization 2010: Questions and Answers Related to the Certification of Compliance with Meal Requirements for the National School Lunch Program**

<http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP31-2012ros.pdf>

- **Grain Requirements for the National School Lunch Program and School Breakfast Program**

<http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP30-2012os.pdf>

- **Formulated Grain Fruit Products**

<http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP26-2012os.pdf>

- **Crediting Tofu and Soy Yogurt Products**

<http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP16-2012os.pdf>

USDA Food and Nutrition Service

Nutrition Standards for School Meals

<http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>



Chapter II: Digging Deep into Each Category

All menu offerings must be broken down into the three age/grade groups: K-5, 6-8, and 9-12

GRAINS

Grades K-5: 8 to 9 servings/week

Grades 6-8: 8 to 10 servings/week

Grades 9-12: 10 to 12 servings/week

One serving /day minimum

- In the first year of implementation, one half of the grains offered must be whole grain rich.
- There will be weekly grains ranges plus daily minimum requirement.
- The 50% guideline for whole grain-rich requires that if the food item is a grain-based product, it must contain 50% or more whole grains by weight or have a whole grain listed as the first ingredient on the ingredient label. If the food item is a mixed dish product (lasagna, stir fry, etc), a whole grain must be the primary grain ingredient by weight.
- The grain ranges are the minimum and maximum schools may offer. They are intended to help schools offer age-appropriate meals within the required calorie ranges.
- Schools do not have to offer whole grain rich products daily as long as the weekly offerings equal at least 50% whole grains.
 - In SY 2012-13 battered and/or breaded products offered will not be counted toward maximum weekly grain requirements.
- Every school meal must offer the daily minimum requirements for all components. Therefore, if a pizza contains adequate grains to meet the minimum daily requirement, but a sandwich roll does not, the sandwich meal must contain another grain in order to meet the minimum.
- There is a daily minimum grain requirement but not a daily maximum. One must keep in mind, however, that there is a weekly maximum.
- Formulated grain-fruit offerings at lunch are considered a dessert and there is a limit of up to two grain-based desserts per week (total of 2 ounce equivalents).
- Fully cooked grain and pasta items whose nutrition label has water as the first ingredient, followed by a whole grain is considered whole grain-rich.
- All grains offered in amounts of 0.25 oz. equivalent or greater must be counted toward daily and weekly grain offerings regardless of whether or not they are whole grain-rich.

MEAT/MEAT ALTERNATE (M/MA)

Grades K-5: 8 to 10 oz. equivalent/week

Grades 6-8: 9 to 10 oz. equivalent/week

Grades 9-12: 10 to 12 oz. equivalent/week

- This component must be served in a main dish or in a main dish and only one other food item.
- Schools without daily choices in this component may not serve the same meat/meat alternate more than 3 times/week.
- May supplement with other M/MA to meet full requirement
- One ounce cooked, skinless, unbreaded portion of beef, fish, poultry, equals one ounce of the Meat/Meat Alternate requirement. NOTE: Check Food Buying Guide as reference.
- Four ounces (weight) or ½ cup (volume) of soy or dairy yogurt equals one ounce of the Meat/Meat Alternate requirement.
- Two tablespoons of nut butter, almond butter, cashew nut butter, peanut butter, reduced fat peanut butter, sesame seed butter, soy nut butter, or sunflower seed butter equals one ounce of the Meat/Meat Alternate requirement.
- Nuts or seeds such as sunflower seeds, almonds, and hazelnuts may be used to meet no more than one-half of the Meat/Meat Alternate component with another Meat/Meat Alternate to meet the full requirement.
- Commercially prepared tofu must be 2.2 ounces (¼ cup) by weight with 5 or more grams of protein to equal one ounce of the Meat/Meat Alternate requirement.
- Other meat alternates, such as cheese and eggs, may be used to meet all or part of the Meat/Meat Alternates component in accordance with FNS guidance.
- A ¼ cup of drained beans/peas/legumes equals one ounce of the Meat/Meat Alternate requirement.
- Regardless of the protein foods offered, schools must plan all meals with the goal to meet the dietary specifications for sodium, saturated fat, trans fat, and calories.

MILK

Grades K-12: 1 cup/day

- Allowable milk options:
 - Fat-free (unflavored or flavored)
 - Low-fat 1% (unflavored only)
 - Fat-free or low-fat (lactose-reduced or lactose-free)
- Must offer at least two choices daily.
- Does not alter nutrition standards for non-dairy milk substitutes (e.g., soy beverages).
- Milk provisions also apply to children ages 3-4.

FRUITS

Grades K-5: ½ cup/day

Grades 6-8: ½ cup/day

Grades 9-12: 1 cup/day

- No more than half the fruit component may be in the form of (only) 100 % juice (over the week).
- May select from fresh, frozen, canned in juice/light syrup, or dried fruit options.
- For SY 2012-13 only, frozen fruit with added sugar is allowable in the NSLP. Note: This will no longer apply after the FY 2012-2013 year.
- ¼ cup dried fruit = ½ cup fruit.

VEGETABLE (see Appendix B)

Grades K-5: ¾ cup/day

Grades 6-8: ¾ cup/day

Grades 9-12: 1 cup/day

- A daily serving at lunch must be offered: K-5=¾ cup, 6-8=¾ cup, 9-12=1 cup.
- Daily serving that reflects variety over the week.
- Vegetable subgroup weekly requirements for:
 - Dark Green (e.g., broccoli, collard greens, spinach)
 - Red/Orange (e.g., carrots, sweet potatoes)
 - Beans/Peas (legumes) (e.g., kidney beans, lentils) (see Appendix A)
 - Starchy (e.g., corn, green peas, white potatoes)
 - Other (e.g., onions, green beans, cucumbers)
 - Additional vegetables to meet 5 cup weekly total
- Changes in crediting of uncooked leafy greens; leafy greens will credit as half of volume as served. Therefore, one cup of romaine lettuce is creditable as one half of a cup of vegetables.
- Foods from the beans/peas (legumes) subgroup may be credited as a vegetable OR a meat alternate—but may not count towards both food components in the same meal.

SODIUM

- Sodium limits and timelines for implementation will begin in School Year 2013-14

Final Rule "Nutrition Standards in the National School Lunch and School Breakfast Programs" (1/26/12)

Sodium Reduction: Timeline & Amount				
Age/Grade Group	Baseline: Average Current Sodium Levels as Offered ¹ (mg)	Target 1: July 1, 2014 SY 2014-2015 (mg)	Target 2: July 1, 2017 SY 2017-2018 (mg)	Final Target: July 1, 2022 SY 2022-2023 (mg)
School Breakfast Program				
K-5	573 (elementary)	<540	<485	<430
6-8	629 (middle)	<600	<535	<470
9-12	686 (high)	<640	<570	<500
National School Lunch Program				
K-5	1,377 (elementary)	<1,230	<935	<640
6-8	1,520 (middle)	<1,360	<1,035	<710
9-12	1,588 (high)	<1,420	<1,080	<740

¹ SNDA-III

CALORIES*

Grades K-5: 550-650/day

Grades 6-8: 600-700/day

Grades 9-12: 750-850/day

- Averaged over a week:
- Specific calorie levels are required for a lunch meal to be considered a healthy school meal depending on the age/grade groups. These calorie levels are based on weekly averages.
- Since there is no overlap in calorie requirements for K-5 and 6-8, a school could offer age/grade groups K-8 single menu that falls within a range of 600-650 average calories per week to meet the requirement for each grade group.

*(All calorie determinations are based on a weighted average.)

FATS

- Calories from saturated fats must average less than 10% weekly.
- Naturally occurring trans fats found in products such as beef, lamb and dairy products made with whole milk are excluded from the trans fat requirement.
- Trans fat must be zero.
- When using a commercially prepared product, schools must refer to the nutrition facts panel to determine that there are zero grams of trans fat per serving. For mixed dishes that may contain both naturally occurring trans fat and added/synthetic trans fat the only certain way to determine if the product is in compliance is for schools to request information from suppliers on how much of the trans fat is naturally occurring.



Chapter III: Offer vs. Serve (OVS)— Must Take a Fruit or Vegetable

Point of Sale—What Do We Do?

- In schools with multiple serving lines (multiple offerings) daily minimum requirements must be met on all offerings. Example: In grades 9-12 the minimum daily grain requirement is 2 oz. equivalents. If a student is offered a choice between a pizza with 2 oz. equivalents of grain OR a stir fry with a 1 oz. equivalent of grains, only one of the offerings meet the two oz. minimum. The student would need to have one oz. equivalent offered with the stir fry, such as a side item, in order to meet daily grains minimum.
- Each independent serving line must meet the daily and weekly requirements (including subgroups) in order to ensure that a child is able to take a reimbursable meal in any line they choose.
- In the NSLP, schools must offer five food components (milk, fruits, vegetables, grains, meat/meat alternates). Students are allowed to decline 2 of the 5 required food components at lunch. If a student takes a $\frac{1}{2}$ cup of fruit and also chooses a vegetable then the vegetable must be the full component, which would be $\frac{3}{4}$ cup or 1 cup depending on the level. Students must select the other food components in the quantities planned.
- Students can meet the $\frac{1}{2}$ cup of a fruit or vegetable by selecting different fruits or vegetables. $\frac{1}{2}$ cup allowance for fruit or vegetables may be used only once for either the fruits or vegetables component in a meal, so the other food components selected by the student under OVS must be full components.
- Students can meet the OVS $\frac{1}{2}$ cup requirement by selecting $\frac{1}{4}$ cup of fruits AND $\frac{1}{4}$ cup of vegetables.
- The number of components that can be declined when OVS is in place is the same in all age/grade groups.

What Has to be Posted Before the Serving Line?

- The foods or food components (depending on the situation) that are part of a meal must be labeled, listed or otherwise identified near/at the beginning of the serving line and prior to the point of service so students can easily choose a reimbursable meal.
- When food components/food items are located in an approved location beyond the POS, they must be labeled, listed on the menu, or otherwise identified so the students can easily identify all the components for a reimbursable meal and select the correct quantities. There must be a system in place to ensure that each reimbursable meal selected by the student (within their respective age group) under OVS includes at least a ½ cup serving of fruits or vegetable.

Resources

USDA: Offer Versus Serve Teaching Tool for Students

Provides mini posters and color-coded serving line signs to help students choose the right foods for Offer Versus Serve. Available for either Nutrient Standard Menu Planning or Food Based Systems.
<http://healthymeals.nal.usda.gov/state-resources/offer-versus-serve-teaching-tool-students>

Florida Meal Pattern Samples (booklet & flyer)



Fresh for Florida Kids

Florida Department of Agriculture and Consumer Services

New Meal Pattern & Quick Tips

for School Food Service Personnel



Welcome to School Lunch

Food and Nutrition Services is excited to have your student join us for school lunch. Entering the lunch room can be an overwhelming experience for new and young elementary students, and all elementary students might need a refresher on the meal selection procedures. This activity sheet is designed to assist elementary students in understanding the choices they make when joining us for lunch. Please review the elementary Lunch Color Wheel with your student, so they have a good understanding of their lunch choices.

Plan Your Meal

Draw in pictures of the menu items you selected, or draw a line to your favorite lunch choices to the boxes below. Remember, you must take 1 red or 1 green component and may select 1 orange, 1 purple and 1 blue.

Today's Lunch Menu



Turkey and Cheese Whole Wheat Wrap



Chef Salad



Whole Wheat Spaghetti with Whole Grain Breadstick



Baby Carrots with Low Fat Ranch Dip



Tomatoes



Orange



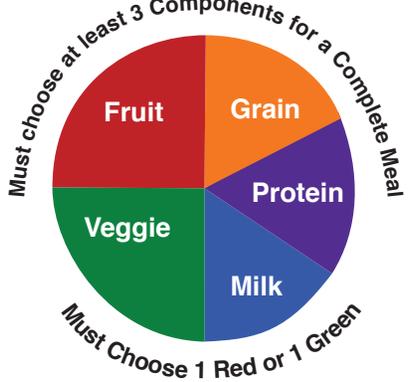
Strawberries



1% White Milk



Non-Fat Chocolate Milk



Sample Lunch Tray

Protein

Grain

Milk

Vegetable

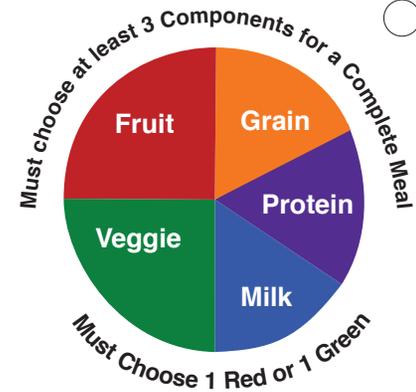
Fruit


 FLORIDA DEPARTMENT OF AGRICULTURE AND CONSUMER SERVICES

Check here for the final publications: <http://www.freshfromflorida.com/>

Beginning of the Serving Line Signage

Today's Menu



Protein

Grain

Milk

Vegetable

Fruit



FLORIDA DEPARTMENT OF AGRICULTURE AND CONSUMER SERVICES



Chapter IV: Extra Reimbursement— What You Need to Do to Get It

Summary of Requirement & Timelines

- Beginning October 1, 2012 SFA certified as meeting the new meal pattern requirements will be entitled to an additional \$0.06 per qualifying lunch served.
- In order to receive the additional funding the school food authority (SFA) must submit to the state agency (SA) one week's worth of menus, detailed menu worksheet for each type of menu offered in all schools during a typical school week, and some form of nutrient assessment.
- The SA has 60 days from receipt of SFA documentation to certify eligibility for the additional funding. SAs will have 60 days from October 1 to act on menus received prior to October 1.

There are three options for certification. These options were designed to use, to the maximum extent practicable, existing processes and information.

- Option 1 allows SFAs to submit one week of menus, detailed menu worksheets showing food components and quantities for reimbursable meals for these menus, and a nutrient analysis of calories and saturated fats. This option acknowledges that a large number of SFAs already use nutrient analysis software to monitor the nutrient levels in their meals.
- Option 2 allows SFAs to submit one week of menus, detailed menu worksheets showing food components and quantities for

reimbursable meals for these menus, and a simplified nutrient assessment of calories and saturated fats. This option acknowledges that not all SFAs use nutrient analysis software. A simplified nutrient assessment is intended to be a proxy for the nutrient analysis.

- Option 3 allows State agencies to certify an SFA during a review. If the State agency offers this option, the SFA would need to have one week of menus, detailed menu worksheets for these menus, and all information needed for the State agency to conduct a nutrient analysis.

USDA Memo SP 31-2012-Revised June 11, 2012

See http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP34-2012assessment_directions.pdf for SIMPLIFIED NUTRIENT ASSESSMENT

- SFAs must demonstrate compliance with both breakfast and lunch if SFA offers breakfast.
- Menus certified as eligible by SAs after October 1 will have retroactive addition of the \$0.06/lunch back to meals served beginning October 1 or the beginning of the month of SFA submitted documentation, whichever is later.

USDA Memo SP 34-2012 May 31, 2012 - Certification Tools

<http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP34-2012os.pdf>
http://sz0067.ev.mail.comcast.net/service/home/~/SP31-2012ros%2006112012.pdf?auth=co&loc=en_US&id=343728&part=2

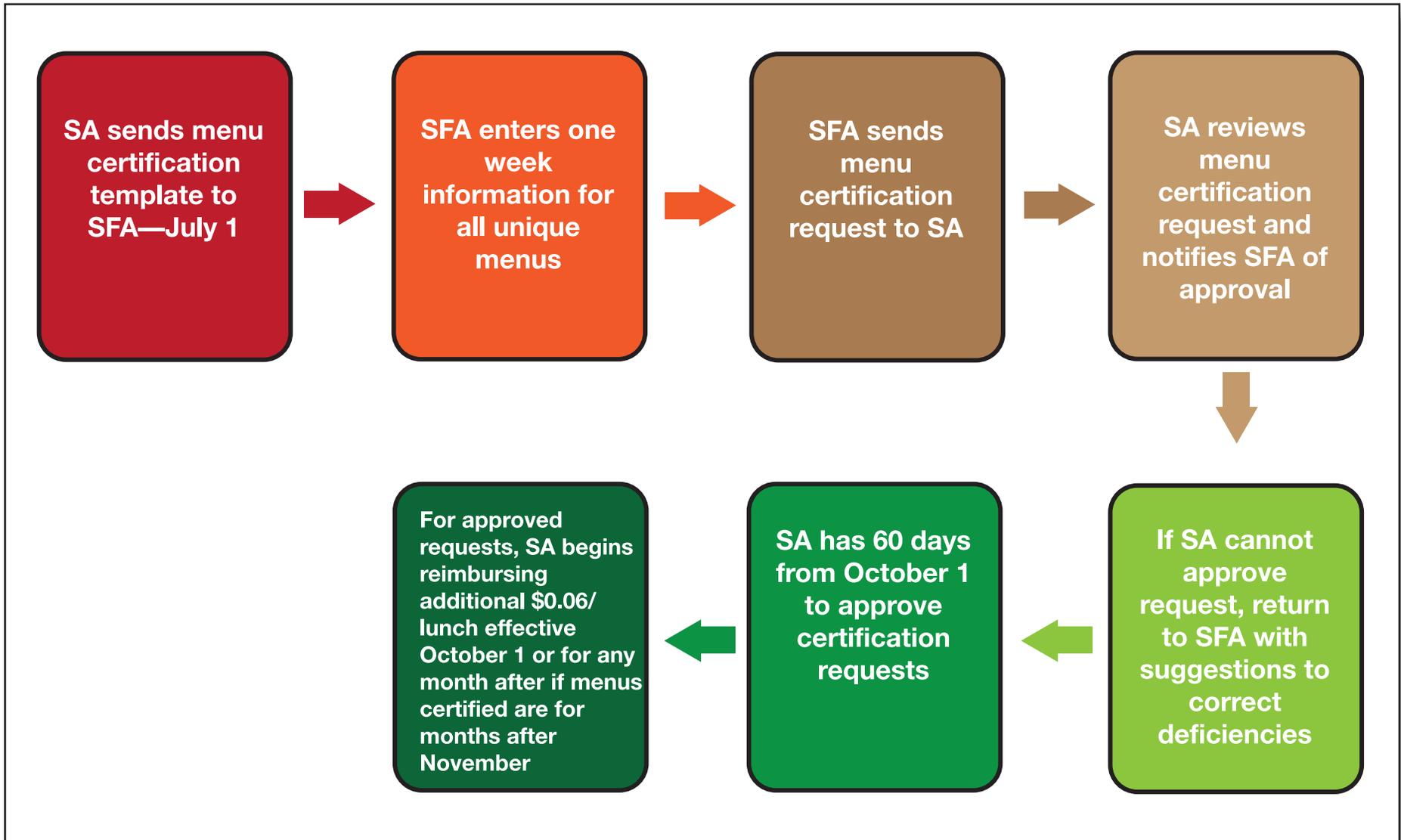
Resources

School Nutrition Foundation Webinar

Certification and Compliance of the New Meal Pattern: What You Need to Know to Receive Your 6 Cents.

An archive of the webinar hosted on Wednesday May 16, 2012; <http://schoolnutrition.org/Content.aspx?id=17075>

Timeline for Certification of Menus: How to Get Your \$0.06





Chapter V: Menu Planning Tools

Florida "New Meal Pattern: Basics at a Glance" Sample

New Meal Pattern: BASICS AT A GLANCE

FOOD BASED MENU PLANNING BREAKFAST MEAL PATTERN

Meal Pattern	Grades K-5*	Grades 6-8*	Grades 9-12*
Fruits (cups)^{1,2}	5 (1) ³	5 (1) ³	5 (1) ³
Vegetables (cups)^{1,2}	0	0	0
Dark Green⁴	0	0	0
Red/Orange⁴	0	0	0
Beans/Peas (Legumes)⁷	0	0	0
Starchy⁴	0	0	0
Other⁴	0	0	0
Additional Vegetables to Reach Total⁴	0	0	0
Grains (oz eq)⁵	7-10 (1) ⁶	8-10 (1) ⁶	9-10 (1) ⁶
Meats/Meat Alternates (oz eq)⁸	0	0	0
Fluid milk (cups)⁹	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

	350-500	400-550	450-600
Min-max calories (kcal)¹⁰			
Saturated fat (% of total calories)¹¹	<10	<10	<10
Sodium (mg)¹²	≤450	≤470	≤500
Trans fat¹³	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

FOOD BASED MENU PLANNING LUNCH MEAL PATTERN

Meal Pattern	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups)^{1,2}	2 ½ (1/2)	2 ½ (1/2)	5 (1)
Vegetables (cups)^{1,2}	3 ½ (3/4)	3 ½ (3/4)	5 (1)
Dark Green⁴	½	½	½
Red/Orange⁴	½	½	1 ½
Beans/Peas (Legumes)⁷	½	½	½
Starchy⁴	½	½	½
Other⁴	½	½	½
Additional Vegetables to reach total⁴	1	1	1 ½
Grains (oz eq)⁵	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)⁸	8-10 (1)	8-10 (1)	10-12 (2)
Fluid Milk (cups)⁹	5 (1)	5 (1)	5 (1)

Other Specifications: Daily Amount Based on the Average for a 5-Day Week

	550-650	600-700	750-850
Min-max calories (kcal)¹⁰			
Saturated fat (% of total calories)¹¹	<10	<10	<10
Sodium (mg)¹²	≤640	≤710	≤740
Trans fat¹³	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

USDA VEGETABLE SUBGROUPS

Dark Green Vegetables	Red & Orange, Vegetables	Other Vegetables
<ul style="list-style-type: none"> Bok Choy Broccoli Collard Greens Dark Green Leafy Lettuce Escarole Lettuce Kale Mesclun Mustard Greens Romaine Lettuce Spinach Tump Greens Watercress 	<ul style="list-style-type: none"> Acorn Squash Butternut Squash Carrots Hubbard Squash Pumpkin Red Peppers Sweet Potatoes Tomatoes Tomato Juice 	<ul style="list-style-type: none"> Artichokes Asparagus Avocado Bean Sprouts Beets Brussels Sprouts Cabbage Cauliflower Celery Cucumbers Eggplant Green Beans Green Peppers Iceberg (Head) Lettuce Mushrooms Onions Parsnips Radish Snap Beans Turnips Wax Beans Zucchini
Beans & Peas (Legumes)	Starchy Vegetables	
<ul style="list-style-type: none"> Black Beans Black-Eyed Peas (Mature, Dry) Garbanzo Beans (Chickpeas) Kidney Beans Lentils Navy Beans Pinto Beans Soy Beans Split Peas White Beans 	<ul style="list-style-type: none"> Cassava Corn Green Bananas Green Peas Green Lima Beans Plantains Potatoes Taro Water chestnuts Fresh Cowpeas, Field Peas, or Black-Eyed Peas (Not Dry) 	

Fresh for Florida Kids
Florida Department of Agriculture and Consumer Services

What To Do If Grades Overlap

- When serving K-12 students in a single school, one way to ease menu planning for these two grade groups is to start with a menu that is appropriate for grades 6-8, then add in a few additional foods to serve to the older grade group. For grades 9-12, the fruit and vegetable minimums must be met. Therefore, on top of the requirements for the grades 6-8, schools must make available to the older children: $\frac{1}{2}$ cup more fruit daily, $\frac{1}{4}$ cup more vegetables daily and across the week $\frac{1}{2}$ cup more red/orange, $\frac{1}{4}$ cup other, $\frac{1}{2}$ cup additional (any subgroup) vegetables.
- In schools serving Pre-K students menu planners must provide the existing meal pattern for Pre-K students.

Minnesota Sample Cycle Menu

SAMPLE CYCLE MENU GRADES K-5

	MON 1	TUES 1	WED 1	THURS 1	FRI 1
MEAT/MA	Turkey Corndog ^W	Sweet & Sour Chicken ^R	Turkey Sausage	Apple Cider Stew ^R	Turkey Sloppy Joe ^{R,W}
GRAIN		Brown Rice ^W	French Toast Sticks ^{R,2 ea}	Dinner Roll ^W	
VEG	Corn on the Cob ^L	Broccoli	Roasted Squash ^{R,L}	Romaine Salad _{1c}	Sweet Potato Fries
VEG	Marinated Black Bean Salad	Carrots	Sliced Cucumbers ^L		Celery Sticks
FRUIT	Watermelon Wedges ^L	Fresh Apple Slices ^L	Orange Juice	Orange Smiles	Juicy Pears
CONDIMENTS	Ketchup, Butter	Ranch, Yogurt Dip	Maple Syrup	Ranch, Butter	Ketchup, Hummus
	MON 2	TUES 2	WED 2	THURS 2	FRI 2
MEAT/MA	Cheese Pizza ^W	Hamburger on Bun ^W	Vegetarian	Crunchy Chicken Wrap ^{R,W}	Fish Sandwich ^W
GRAIN			Chili ^R		
VEG	Romaine Salad	Lettuce & Tomato		Potato Wedges	Carrot & Celery Sticks
VEG	Beets 'n' Sweeters ^{R,L}	Fiesta Beans & Rice ^{R,W}	Fresh Broccoli		Creamy Coleslaw ^L
FRUIT	Juicy Pineapple	Ripe Red Grapes	Applesauce	Orange Smiles	Fresh Kiwi
CONDIMENTS	French dressing	Ketchup, Mayo	Ranch, Butter, Honey	Ketchup	Ketchup, Tartar Sauce
	MON 3	TUES 3	WED 3	THURS 3	FRI 3
MEAT/MA	Chicken Sandwich ^W	Chicken Gravy	Meatballs	Chicken Salad on Roll ^W	Cheese Quesadilla ^W
GRAIN		Dinner Roll ^W	Spaghetti & Breadstick ^W		
VEG	Leafy Spinach _{1/2 c}	Mashed Potatoes	Tomato Sauce	Carrot & Jicama Sticks	Black Bean Salsa
VEG	Corn Edamame Salad ^R	Spring Salad Mix ^R	Green Beans	Roasted Chickpeas _{1/4 c}	Broccoli
FRUIT	Fresh Strawberries	Crazy Mixed-Up Fruit	Golden Peaches	Fresh Pears	Fresh Banana
CONDIMENTS	BBQ Sauce, Ketchup	Butter	Parmesan, Butter	Ranch	Ranch

All serving sizes of fruit are 1/2 cup. Serving sizes of grains are 1-2 oz. Condiments are 1-2 Tbsp.

All serving sizes of vegetables are 1/2 cup (1 cup for leafy greens) unless noted in subscript.

All meals include skim or 1% white milk. Nutrient analysis available on the reverse side.

R = Recipe available at www.health.state.mn.us/schools/greattrays under "Menu Planning"

L = Local food available in many regions of Minnesota

W = Whole grain-rich

Dark Green

Red/Orange

Legumes

Starchy



Minnesota Department of
Education

For entire Sample Cycle Menu, go to: <http://www.health.state.mn.us/schools/greattrays/pdfs/SampleCycleMenu.pdf>

FOOD BASED MEAL PATTERN - LUNCH VENDED/NON-OVS SAMPLE MENU Week 1 Grade Group K-5

NSLP FBMP Lunch Meal Pattern: 8 fl. oz. Fluid Milk; 2 ½ cups Fruits; 3 ¾ cups Vegetables (some from specific groups); 8-9 oz. eq. Grains/Breads per five-day week (one half of offerings are whole grain-rich); 8-10 oz. Meat/Meat Alternate per week; 550 – 650 Kcal per week; <10% saturated fat per week; 0 added trans fat per day.

Complete Milk Information Chart. Enter N/A for flavors not offered. If same choices offered every day, enter “SAME” for each menu. If choices change with menus, enter each choice offered.

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two milk choices are required.		Fat content(s)	1% or fat free	Fat free	Fat free	
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.	
Component Requirements	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Milk		SAME	SAME	SAME	SAME	SAME
Meat/Meat Alternate (1 oz. a day minimum) 8-10 oz. eq./week	Item	Toasted Cheese (USDA F-07*)	Baked Chicken w/Roll	Beef & Cheese Tacos (USDA D-13)	Yogurt and Peanut Butter Plate	Pepperoni or Cheese Pizza (reduced fat)
	Portion size or oz.	1 sandwich	1 breast-half or 1 thigh or 1 drumstick	2 each	4 oz. yogurt & 2 T. peanut butter	1 Slice (4.6 oz.)
	Contribution in oz.*	1 oz. M/MA	2 oz. M/MA	2 oz. M/MA	2 oz. M/MA	2 oz. CN label
2 nd Meat/Meat Alternate (If planned)	Item					
	Portion size or oz.					
	Contribution in oz.*					
Grains/Whole Grains (1 oz. eq. minimum each day) (≥50% WGR 8-9 oz. eq./week)	Item	Whole Wheat Bread	WG Dinner Roll	2 Taco Shells (hard)	Blueberry Muffin	WG Pizza Crust
	Portion in oz. ¹ Cooked pasta/rice in cups	2 slices (2 G/B)	2 oz. (2 G/B)	1 oz. (1 G/B)	1.8 oz. (1 G/B)	2 G/B CN label
2 nd Grains/Whole Grains (If planned)	Item					
	Portion in oz. ¹ Cooked pasta/rice in cups					
Fruits (1/2 cup a day minimum)	Item	Fresh Red Apple (138 count)	Strawberry Cup	Chilled Pears	Raisins	Fresh Orange
	Portion in cups	½ cup	½ cup	½ cup	¼ cup	½ cup
2 nd Fruits (If planned)	Item					
	Portion in cups					

Food Based Menu Planning Lunch 5 Day Rev. 5/12

Florida Department of Agriculture and Consumer Services - Food, Nutrition and Wellness - www.freshfromflorida.com/divisions/fnw/

Lunch Vended/Non-OVS: Sample Menus & Nutritional Analysis (Week 1, K-5) - (cont'd.)

FOOD BASED MEAL PATTERN - LUNCH VENDED/NON-OVS SAMPLE MENU Week 1 Grade Group K-5

Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Vegetables: (Dark Green 1/2 cup a week)	Item		Collard Greens			Romaine Garden Salad
	Portion in cups		1/4 cup			1/2 cup (credit 1/4 cup)
Vegetables: (Red/Orange 3/4 cup a week)	Item			Lettuce and Tomato (1/4 c each)	Carrot (1/2 c) & Celery (1/4 c) Sticks	
	Portion in cups			1/4 cup (tomato)	1/2 cup (carrot)	
Vegetables: (Beans, Peas, Legumes 1/2 cup a week)	Item			Refried Beans		
	Portion in cups			1/2 cup		
Vegetables: (Starchy 1/2 cup a week)	Item	Potato Wedges				
	Portion in cups	1/2 cup				
Vegetables: (Other 1/2 cup a week)	Item	Green Beans		Lettuce and Tomato		
	Portion size	1/4 cup		1/4 cup (lettuce)		
Vegetables: (Additional 1 cup a week)	Item		Whipped Potatoes		Carrot (1/2 c) & Celery (1/4 c) Sticks	Sweet Corn
	Portion in cups		1/2 cup		1/4 cup (celery)	1/2 cup
Other Foods	Item					
	Portion in cups					
Condiments	Item	Mustard/Catsup		Salsa/Light Sour Cream	Light Ranch Dressing	Light Salad Dressing
	Portion size	1 packet/2 packet		2 Tbsp each	1 packet	2 – 12 gm packets

Note: ***Contribution in oz.** is the **cooked** amount. i.e., 1/4 cup cooked dry beans **or** 1.34 oz. raw ground beef yields 1 oz. **cooked** beef and each provides **1 oz.** M/MA. Add additional menu item pages as needed. ¹ Please use specific product weights rather than general weights from the USDA Grains/Breads Instruction.

Note: FBMP = Food Based Meal Pattern, eq. = equivalent, c = cup, WGR = whole grain-rich, M/MA=meat/meat alternate, G/B=grains/bread.

Reminder: Sodium - Target 1 for SY 2014-2015 - Lunch ≤1230 mg (K-5); ≤1360 mg (6-8); ≤1420mg (9-12).

*Reduced meat alternate portion in Toasted Cheese Sandwich USDA F-07 from 2 oz (12-1/2 pounds per 100 servings to 6-1/4 pounds per 100 servings).

Weekly Averages: Calories - 627; Sodium - 948 mg; Saturated Fat - 6.95g (9.97%).

Food Based Menu Planning Lunch 5 Day Rev. 5/12

Source: Florida Department of Agriculture and Consumer Services; Food, Nutrition and Wellness; www.freshfromflorida.com/divisions/fnw/

FOOD BASED MEAL PATTERN - LUNCH VENDED/NON-OVS SAMPLE MENU Week 2 Grade Groups K-5

NSLP FBMP Lunch Meal Pattern: 8 fl. oz. Fluid Milk; 2 ½ cups Fruits; 3 ¾ cups Vegetables (some from specific groups); 8-9 oz. eq. Grains/Breads per five-day week (one half of offerings are whole grain-rich); 8-10 oz. Meat/Meat Alternate per week; 550 – 650 Kcal per week; <10% saturated fat per week; 0 added trans fat per day.

Complete Milk Information Chart. Enter N/A for flavors not offered. If same choices offered every day, enter “SAME” for each menu. If choices change with menus, enter each choice offered.

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two milk choices are required.		Fat content(s)	1% or fat free	Fat free	Fat free	
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.	
Component Requirements	Menu Item Name & Info	Day 6	Day 7	Day 8	Day 9	Day 10
Milk		SAME	SAME	SAME	SAME	SAME
Meat/Meat Alternate (1 oz. a day minimum) 8-10 oz. eq./week	Item	Hot Dog (turkey)	Sweet & Sour Pork (USDA D-36)33	Spaghetti & Meat Sauce (USDA D-35*)	Breaded Chicken Patty	Macaroni and Cheese (USDA D-26)
	Portion size or oz.	1.6 oz (10/1)	¾ cup	1 cup	3 oz (CN)	2/3 cup
	Contribution in oz.*	1.5 oz. M/MA	2 oz. meat	1.5 oz. meat	2 oz. meat	2 oz. cheese
2 nd Meat/Meat Alternate (If planned)	Item					
	Portion size or oz.					
	Contribution in oz.*					
Grains/Whole Grains (1 oz. eq. minimum each day) (≥50% WGR 8-9 oz. eq./week	Item	Hot Dog Bun	WG Brown Rice	WG Garlic Toast	WG Hamburger Bun	WG Dinner Roll
	Portion in oz. ¹ Cooked pasta/rice in cups	1.5 oz. (1.5 G/B)	½ cup (1 G/B)	1 oz. (1 G/B)	1.8 oz. (2 G/B)	1 oz. (1 G/B)
2 nd Grains/Whole Grains (If planned)	Item			WG Spaghetti		Macaroni
	Portion in oz. ¹ Cooked pasta/rice in cups			1 oz (1 G/B)		½ cup (1 G/B)
Fruits (1/2 cup a day minimum)	Item	Fruit Cocktail	Chilled Pineapple Tidbits	Fresh Orange	Fresh Red Apple (138 count)	Red/Green Grapes
	Portion in cups	½ cup	½ cup	½ cup	½ cup	½ cup
2 nd Fruits (If planned)	Item					
	Portion in cups					

Lunch Vended/OVS: Sample Menus & Nutritional Analysis (Week 2, K-5) - (cont'd.)

FOOD BASED MEAL PATTERN - LUNCH VENDED/NON-OVS SAMPLE MENU Week 2 Grade Groups K-5

Components Week 2	Menu Item Name & Info	Day 6	Day 7	Day 8	Day 9	Day 10
Vegetables: (Dark Green 1/2 cup a week)	Item		Broccoli Cuts	Romaine Salad		
	Portion in cups		½ cup	1 cup (½ c credit)		
Vegetables: (Red/Orange 3/4 cup a week)	Item			Meatsauce Vegetables	Whipped Sweet Potatoes	
	Portion in cups			3/8 cup	½ cup	
Vegetables: (Beans, Peas, Legumes 1/2 cup a week)	Item	Baked Beans (USDA I-06)				
	Portion in cups	2/3 cup (½ c credit)				
Vegetables: (Starchy 1/2 cup a week)	Item	Tater Tots				
	Portion in cups	1/2 cup (8 each)				
Vegetables: (Other 1/2 cup a week)	Item					Spinach (1/2 c) & Tomato Salad (1/4 c)
	Portion size					¾ cup (1/2 cup credit)
Vegetables: (Additional 1 cup a week)	Item		Chinese Style Vegetables (USDA D-09)	Sweet Corn	Seasoned Green Peas	Carrot & Celery Sticks
	Portion in cups		¼ cup	¼ cup	¼ cup	¼ cup
Other Foods	Item					
	Portion in cups					
Condiments	Item	Mustard/Catsup	Light Salad Dressing		BBQ Sauce	Light Salad Dressing
	Portion size	1 packet/2 packet	2 – 12 gm packets		1 packet	2 – 12 gm packets

Note: *Contribution in oz. is the cooked amount. i.e., ¼ cup cooked dry beans or 1.34 oz. raw ground beef yields 1 oz. cooked beef and each provides 1 oz. M/MA. Add additional menu item pages as needed. ¹ Please use specific product weights rather than general weights from the USDA Grains/Breads Instruction.

Note: FBMP = Food Based Meal Pattern, eq. = equivalent, c = cup, WGR = whole grain-rich, M/MA = meat/meat alternate, G/B = grains/bread.

Reminder: Sodium - Target I for SY 2014-2015 - Lunch ≤1230 mg (K-5); ≤1360 mg (6-8); ≤1420mg (9-12).

*Reduced meat portion in Spaghetti with Meat Sauce USDA D-35 from 2 oz (17 pounds per 100 servings to 12.25 pounds per 100 servings).

Weekly Averages: Calories - 617; Sodium - 1167 mg; Saturated Fat - 5.14 g (7.50%).

Source: Florida Department of Agriculture and Consumer Services; Food, Nutrition and Wellness; www.freshfromflorida.com/divisions/fnw/

FOOD BASED MEAL PATTERN - LUNCH MULTIPLE CHOICES SAMPLE MENU Week 1 Grade Group K-5

NSLP FBMP Lunch Meal Pattern: 8 fl. oz. Fluid Milk; 2 ½ cups Fruits; 3 ¾ cups Vegetables (some from specific groups); 8-9 oz. eq. Grains/Breads per five-day week (one half of offerings are whole grain-rich); 8-10 oz. Meat/Meat Alternate per week; 550 – 650 Kcal average per day; <10% of total calories from saturated fat per day; 0 grams trans fat per day.

Complete Milk Information Chart. Enter N/A for flavors not offered. If same choices offered every day, enter “SAME” for each menu. If choices change with menus, enter each choice offered.

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two milk choices are required.		Fat content(s)	1% or fat free	Fat free	Fat free	
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.	
Component Requirements	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Milk		SAME	SAME	SAME	SAME	SAME
Meat/Meat Alternate (1 oz. a day minimum) 8-10 oz. eq./week	Item	Toasted Cheese (USDA F-07*)	Baked Chicken w/Roll	Beef & Cheese Tacos (USDA D-13)	Yogurt and Peanut Butter Plate	Pepperoni Pizza (reduced fat)
	Portion size or oz.	1 sandwich	1 breast-half or 1 thigh or 1 drumstick	2 each	4 oz. yogurt & 2 T. peanut butter	1 Slice (4.6 oz.)
	Contribution in oz.*	1 oz. M/MA	1.5-2 oz. M/MA	2 oz. M/MA	2 oz. M/MA	2 oz. M/MA CN label
2 nd Meat/Meat Alternate (If planned)	Item	PBJ Sandwich	**Ham & Cheese Entrée Salad w/Roll	Beans & Rice	**Turkey Entrée Salad w/Crackers	Cheese Pizza (reduced fat)
	Portion size or oz.	4.8 oz. sandwich	1.22 oz. ham/ 1/2 oz. cheese	½ cup each	2.4 oz. turkey	1 Slice (4.6 oz.)
	Contribution in oz.*	2 oz. M/MA CN label	1.5 oz. M/MA	2 oz. M/MA	1.5 oz. M/MA	2 oz. M/MA CN label
Grains/Whole Grains (1 oz. eq. minimum each day) (≥50% WGR 8-9 oz. eq./week)	Item	Whole Wheat Bread	WG Dinner Roll	2 Taco Shells (hard)	Blueberry Muffin	WG Pizza Crust
	Portion in oz. ¹ Cooked pasta/rice in cups	2 slices (2 G/B)	2 oz. (2 G/B)	1 oz. (1 G/B)	1.8 oz. (1 G/B)	2 G/B CN label
2 nd Grains/Whole Grains (If planned)	Item	WG PBJ Sandwich	WG Dinner Roll	WG Rice	WG Crackers	WG Pizza Crust
	Portion in oz. ¹ Cooked pasta/rice in cups	2 oz. G/B	2 oz. (2 G/B)	1 G/B	.7 oz. (1 G/B)	2 G/B CN label
Fruits (1/2 cup a day minimum)	Item	Fresh Red Apple (138 count)	Strawberry Cup	Chilled Pears	Raisins	Fresh Orange
	Portion in cups	½ cup	½ cup	½ cup	¼ cup	½ cup
2 nd Fruits (If planned)	Item	Fresh Orange	Apple Juice	Pineapple Cup	Orange Juice	Fresh Grapes
	Portion in cups	½ cup	½ cup	½ cup	½ cup	½ cup

Food Based Menu Planning Lunch 5 Day Rev. 5/12

Florida Department of Agriculture and Consumer Services - Food, Nutrition and Wellness - www.freshfromflorida.com/divisions/fnw/

Lunch Multiple Choices: Sample Menus & Nutritional Analysis (Week 1, K-5) - (cont'd.)

FOOD BASED MEAL PATTERN - LUNCH MULTIPLE CHOICES SAMPLE MENU Week 1 Grade Group K-5

Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Vegetables: (Dark Green 1/2 cup a week)	Item		Collard Greens			Romaine Garden Salad
	Portion in cups		½ cup			1 cup (credit ½ cup)
Vegetables: (Red/Orange 3/4 cup a week)	Item	Tomato Soup (manufacturer statement)		Lettuce/Tomato/Salsa (¼ c each)	Carrot (½ c) & Celery (¼ c) Cup	
	Portion in cups	½ cup (½ c vegetable)		¼ cup (tomato)	½ cup (carrot)	
Vegetables: (Beans, Peas, Legumes 1/2 cup a week)	Item			Refried Beans		
	Portion in cups			½ cup		
Vegetables: (Starchy 1/2 cup a week)	Item		Whipped Potatoes			
	Portion in cups		½ cup			
Vegetables: (Other 1/2 cup a week)	Item	Green Beans				
	Portion size	½ cup				
Vegetables: (Additional 1 cup a week)	Item			Lettuce/Tomato/Salsa	Carrot (½ c) & Celery (¼ c) Sticks	Sweet Corn
	Portion in cups			¼ c (⅛ cup credit) ⅛ cup	¼ cup (celery)	½ cup
Other Foods	Item					
	Portion in cups					
Condiments	Item		Light Salad Dressing	Taco Sauce/Light Sour Cream	Light Ranch Dressing	Light Salad Dressing
	Portion size		1 oz. packet	2 Tbsp each	1 packet	2 – 12 gm packets

Note: *Contribution in oz. is the cooked amount. i.e., ¼ cup cooked dry beans or 1.34 oz. raw ground beef yields 1 oz. cooked beef and each provides 1 oz. M/MA. Add additional menu item pages as needed. ¹ Please use specific product weights rather than general weights from the USDA Grains/Breads Instruction.

Note: FBMP = Food Based Meal Pattern, eq. = equivalent, c = cup, WGR = whole grain-rich, M/MA=meat/meat alternate, G/B=grains/bread.

Reminder: Sodium - Target I for SY 2014-2015 - Lunch ≤1230 mg (K-5); ≤1360 mg (6-8); ≤1420mg (9-12).

*Reduced meat alternate portion in Toasted Cheese Sandwich USDA F-07 from 2 oz (12-1/2 pounds per 100 servings to 6-1/4 pounds per 100 servings).

**Entrée salad made with 2 cups romaine/spinach/dark leafy salad greens for 1 cup credit in Dark Green Vegetable sub-group and 3/8 cup baby carrots and 3/8 grape tomatoes for ¾ cup credit of Red/Orange Vegetable sub-group.

Weekly Averages: Calories - 620; Sodium - 1154 mg; Saturated Fat - 6.28g (9.11%).

Source: Florida Department of Agriculture and Consumer Services; Food, Nutrition and Wellness; www.freshfromflorida.com/divisions/fnw/

FOOD BASED MEAL PATTERN - LUNCH MULTIPLE CHOICES SAMPLE MENU Week 2 Grade Groups K-5

NSLP FBMP Lunch Meal Pattern: 8 fl. oz. Fluid Milk; 2 ½ cups Fruits; 3 ¾ cups Vegetables (some from specific groups); 8-9 oz. eq. Grains/Breads per five-day week (one half of offerings are whole grain-rich); 8-10 oz. Meat/Meat Alternate per week; 550 – 650 Kcal per week; <10% saturated fat per week; 0 added trans fat per day.

Complete Milk Information Chart. Enter N/A for flavors not offered. If same choices offered every day, enter “SAME” for each menu. If choices change with menus, enter each choice offered.

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two milk choices are required.		Fat content(s)	1% or fat free	Fat free	Fat free	
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.	
Component Requirements	Menu Item Name & Info	Day 6	Day 7	Day 8	Day 9	Day 10
Milk		SAME	SAME	SAME	SAME	SAME
Meat/Meat Alternate (1 oz. a day minimum) 8-10 oz. eq./week	Item	Hot Dog (turkey)	Sweet & Sour Pork (USDA D-36)	Spaghetti & Meat Sauce (USDA D-35*)	Breaded Chicken Patty on Bun	Macaroni and Cheese (USDA D-26)
	Portion size or oz.	1.6 oz (10/1)	¾ cup	1 cup	3 oz (CN)	2/3 cup
	Contribution in oz.*	1.5 oz. M/MA	2 oz. meat	1.5 oz. meat	2 oz. meat	2 oz. cheese
2 nd Meat/Meat Alternate (If planned)	Item	PBJ Sandwich	**Chicken Fajita Entrée Salad w/Chips	PBJ Sandwich	Beef Dippers w/Roll	**Turkey Ham & Cheese Sandwich
	Portion size or oz.	4.8 oz. sandwich	1.8 oz. chicken/ 1/2 oz. cheese	4.8 oz. sandwich	2.7 oz (CN label)	1.4 oz. turkey ham/ 1/2 oz. cheese
	Contribution in oz.*	2 oz. M/MA CN label	1.5 oz. M/MA	2 oz. M/MA CN label	2 oz M/MA	1.5 oz. M/MA
Grains/Whole Grains (1 oz. eq. minimum each day) (≥50% WGR 8-9 oz. eq./week)	Item	Hot Dog Bun	WG Brown Rice	WG Pasta & WG Garlic Toast	WG Hamburger Bun	WG Pasta & WG Dinner Roll
	Portion in oz. ¹ Cooked pasta/rice in cups	1.5 oz. (1.5 G/B)	½ cup (1 G/B)	½ cup/1 oz. (2 G/B)	1.8 oz. (2 G/B)	½ cup/1 oz. (2 G/B)
2 nd Grains/Whole Grains (If planned)	Item	WG PBJ Sandwich	Tortilla Chips	WG PBJ Sandwich	WG Dinner Roll	WG Sandwich Bread
	Portion in oz. ¹ Cooked pasta/rice in cups	2 oz. G/B	.9 oz. (1 G/B)	2 oz. G/B	1 oz. (1 G/B)	2 oz. G/B
Fruits (1/2 cup a day minimum)	Item	Fresh Pear (150 count)	Chilled Pineapple Tidbits	Chilled Fruit Cocktail	Fresh Red Apple (138 count)	Red/Green Grape Fruit Cup
	Portion in cups	1 each – ½ cup	½ cup	½ cup	½ cup	½ cup
2 nd Fruits (If planned)	Item	Grape Juice	Fresh Orange	Fresh Plums (45/50 size-Purple/Red/Black)	Strawberry-Mango Fruit Cup	Pineapple-Orange Juice
	Portion in cups	½ cup	1 each – ½ cup	1 each – ½ cup	½ cup	½ cup

Food Based Menu Plan Lunch 5 Day Rev. 5/12

Florida Department of Agriculture and Consumer Services - Food, Nutrition and Wellness - www.freshfromflorida.com/divisions/fnw/

Lunch Multiple Choices: Sample Menus & Nutritional Analysis (Week 2, K-5) - (cont'd.)

FOOD BASED MEAL PATTERN - LUNCH MULTIPLE CHOICES SAMPLE MENU Week 2 Grade Groups K-5

Components Week 2	Menu Item Name & Info	Day 6	Day 7	Day 8	Day 9	Day 10
Vegetables: (Dark Green 1/2 cup a week)	Item		Broccoli Cuts	Romaine Salad		
	Portion in cups		½ cup	1 cup (½ c credit)		
Vegetables: (Red/Orange 3/4 cup a week)	Item				Whipped Sweet Potatoes	Carrot & Celery Sticks (¼ cup each)
	Portion in cups				½ cup	½ cup
Vegetables: (Beans, Peas, Legumes 1/2 cup a week)	Item	Baked Beans (USDA I-06)				
	Portion in cups	2/3 cup (½ c credit)				
Vegetables: (Starchy 1/2 cup a week)	Item	Tater Tots				
	Portion in cups	½ cup (8 each)				
Vegetables: (Other 1/2 cup a week)	Item					Seasoned Zucchini
	Portion size					½ cup
Vegetables: (Additional 1 cup a week)	Item		Chinese Style Vegetables (USDA D-09)	Seasoned Corn	Seasoned Green Peas	
	Portion in cups		½ cup	½ cup	½ cup	
Other Foods	Item					
	Portion in cups					
Condiments	Item	Mustard/Catsup	Light Salad Dressing		BBQ Sauce or Light Mayo Packet	Mustard or Light Mayo/Light Ranch
	Portion size	1 packet/2 packet	2 – 12 gm packets		1 packet	1 packet/1 packet

Note: *Contribution in oz. is the cooked amount. i.e., ¼ cup cooked dry beans or 1.34 oz. raw ground beef yields 1 oz. cooked beef and each provides 1 oz. M/MA. Add additional menu item pages as needed. ¹ Please use specific product weights rather than general weights from the USDA Grains/Breads Instruction.

Note: FBMP = Food Based Meal Pattern, eq. = equivalent, c = cup, WGR = whole grain-rich, M/MA = meat/meat alternate, G/B = grains/bread.

*Reduced meat portion in Spaghetti with Meat Sauce USDA D-35 from 2 oz (17 pounds per 100 servings to 12.25 pounds per 100 servings).

**Entrée salad made with 2 cups romaine/spinach/dark leafy salad greens for 1 cup credit in Dark Green Vegetable sub-group and 3/8 cup baby carrots and 3/8 grape tomatoes for ¼ cup credit of Red/Orange Vegetable sub-group.

Weekly Averages: Calories - 649; Sodium - 1058 mg; Saturated Fat - 5.50 g (7.63%).

Source: Florida Department of Agriculture and Consumer Services; Food, Nutrition and Wellness; www.freshfromflorida.com/divisions/fnw/

NSLP - FOOD BASED MEAL PATTERN - LUNCH MENU - 5 DAY

Agreement # _____ Contact Name _____ Grade Grouping **K-5**

FBMP - Lunch: 8 fl. oz. Fluid Milk; 2 ½ cups Fruits/wk; 3 ¾ cups Vegetables/wk (from the subgroups); 8-9 oz. eq. Grains/Breads per five-day week (one half of offerings are whole grain-rich); 8-10 oz. Meat/Meat Alternate per week. Other specifications: Daily amount based on the weekly average: 550-650 calories; <10% of total calories from saturated fat; 0 grams trans fat per day.

Complete Milk Information Chart. Enter N/A for flavors not offered. If same choices offered every day, enter "SAME" for each menu. If choices change with menus, enter each choice offered.

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two choices required. Fat Free flavored or unflavored; 1% or less unflavored		Fat content(s)	1% or fat free	Fat free	Fat free	
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.	
Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Milk		SAME	SAME	SAME	SAME	SAME
Meat/Meat Alternate (1 oz/day minimum) 8-10 oz. eq./wk	Item	Grilled Chicken Patty Sandwich CN	Corn Dog CN	*Spaghetti/Meat sauce (USDA D-35)	Turkey & Cheese Wrap with Avocado Slice	WG Cheese Pizza CN
	Portion size or oz.	2.8 oz	4 oz	1 Cup	1 oz Turkey/ 1 oz Mozzarella Cheese	4.6 oz
	Contribution in oz.*	2 M/MA	2 M/MA	1.5 M/MA	1.5 M/MA	2 M/MA
2 nd Meat/Meat Alternate (If planned)	Item					
	Portion size or oz.					
	Contribution in oz.*					
Grains/Whole Grains (1 oz eq. minimum daily) ≥50% WGR 8-9 oz. eq./wk	Item	Whole Wheat Hamburger Bun	WG Breeding Corn Dog	**Whole Wheat Pasta	Tortilla	WG Crust
	Portion in oz. ¹ Cooked pasta & rice in cups	1.8 oz = 2 G/B	2 G/B	½ cup =1 G/B	8" (1.5 oz) = 1.50 G/B	2.25 G/B
2 nd Grains/Whole Grains (If planned)	Item					
	Portion in oz. ¹ Cooked pasta & rice in cups					
Fruits (½ c/day minimum)	Item	Chilled Pineapple Tidbits	Fresh Red & Green Grapes	Chilled Apple Sauce	Chilled Fruit Cocktail	Fresh Orange Wedges
	Portion in cups	½ Cup	½ Cup	½ Cup	½ Cup	½ Cup
2 nd Fruits (If planned)	Item					
	Portion in cups					

NSLP—Food Based Meal Pattern: Lunch Menu—5 Day (K-5) - (cont'd.)

NSLP - FOOD BASED MEAL PATTERN - LUNCH MENU - 5 DAY

Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Vegetables: (Dark Green ½ c/wk)	Item			Steamed Broccoli		Collard Greens
	Portion in cups			¼ Cup		3/8 Cup
Vegetables: (Red/Orange ¾ c/wk)	Item	Sweet Potato Fries		Tomato (Meat Sauce)	Baby Carrots	Tomato (Pizza Sauce)
	Portion in cups	¼ Cup		3/8 Cup	¼ Cup	1/8 Cup
Vegetables: (Beans, Peas or Legumes ½ c/wk)	Item		Baked Beans (USDA- I-06)			
	Portion in cups		2/3 Cup (yields ½ Cup)			
Vegetables: (Starchy ½ c/wk)	Item				Sweet Corn	
	Portion in cups				½ Cup	
Vegetables: (Other ½ c/wk)	Item	Green Beans			Avocado Slice	
	Portion in cups	½ Cup			1/8 Cup	
Vegetables: (Additional 1 c/wk)	Item		Fresh Cucumber Slices	Mixed Greens Salad (Romaine & Spinach)		Veggie Dippers (Red & Green Pepper Strips)
	Portion in cups		¼ Cup	1 Cup (credit ½ Cup)		¼ Cup
Other Foods	Item					
	Portion in cups					
Condiments	Item	Light Mayo/Ketchup	Light Ranch Dressing/Ketchup/Mustard	Light Salad Dressing	Light Ranch Dressing/Mustard	Light Ranch Dressing
	Portion size	1 packet each	1 packet each	1 packet	1 packet each	1 packet

Note: *Contribution in oz. is the cooked amount. i.e., ¼ cup cooked dry beans or 1.34 oz. raw ground beef yields 1 oz. cooked beef and each provides 1 oz. M/MA. Add additional menu item pages as needed

¹ Please use specific product weights rather than general weights from the USDA Grains/Breads Instruction.

Note: FBMP = Food Based Meal Pattern, eq. = equivalent, c = cup, WGR = whole grain-rich.

Reminder: Sodium - Target I for SY 2014-2015 - Lunch ≤1230 mg (K-5); ≤1360 mg (6-8); ≤1420mg (9-12).

***Reduced meat alternate portion in Spaghetti and Meat Sauce USDA D-35 from 2 oz (17 pounds (raw meat) per 100 servings to 13 pounds (raw meat) per 100 servings).**

****Substitute whole wheat spaghetti for enriched spaghetti**

Weekly Averages: Calories - 575; Sodium - 1050 mg; Saturated Fat - 4.19 g (6.55%).

Source: Florida Department of Agriculture and Consumer Services; Food, Nutrition and Wellness; www.freshfromflorida.com/divisions/fnw/

NSLP - FOOD BASED MEAL PATTERN – SAMPLE LUNCH MENU - 5 DAY

Agreement # _____ Contact Name _____ Grade Grouping **6-8**

FBMP - Lunch: 8 fl. oz. Fluid Milk; 2 ½ cups Fruits/wk; 3 ¾ cups Vegetables/wk (from the subgroups); 8-10 oz. eq. Grains/Breads per five-day week (one half of offerings are whole grain-rich); 9-10 oz. Meat/Meat Alternate per week. Other specifications: Daily amount based on the weekly average: 600-700 calories; <10% of total calories from saturated fat; 0 grams trans fat per day.

Complete Milk Information Chart. Enter N/A for flavors not offered. If same choices offered every day, enter “SAME” for each menu. If choices change with menus, enter each choice offered.

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two choices required. Fat Free flavored or unflavored; 1% or less unflavored		Fat content(s)	1% or fat free	Fat free	Fat free	
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.	
Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Milk		SAME	SAME	SAME	SAME	SAME
Meat/Meat Alternate (1 oz/day minimum) 9-10 oz. eq./wk	Item	Grilled Chicken Patty Sandwich CN	Corn Dog CN	Spaghetti/Meat sauce (USDA D-35)	Turkey & Cheese Wrap with Avocado Slice	WG Cheese Pizza CN
	Portion size or oz.	2.8 oz	4 oz	1 Cup	1 oz Turkey/ 1 oz Mozzarella Cheese	4.6 oz
	Contribution in oz.*	2 M/MA	2 M/MA	2 M/MA	1.5 M/MA	2 M/MA
2 nd Meat/Meat Alternate (If planned)	Item					
	Portion size or oz.					
	Contribution in oz.*					
Grains/Whole Grains (1 oz eq. minimum daily) ≥50% WGR 8-10 oz. eq./wk	Item	Whole Wheat Hamburger Bun	WG Breeding Corn Dog	**Whole Wheat Pasta	Tortilla	WG Crust
	Portion in oz. ¹ Cooked pasta & rice in cups	1.8 oz = 2 G/B	2 G/B	1/2 Cup =1 G/B	8” (1.5 oz) = 1.50 G/B	2.25 G/B
2 nd Grains/Whole Grains (If planned)	Item			WW Dinner Roll		
	Portion in oz. ¹ Cooked pasta & rice in cups			1 oz = 1 G/B		
Fruits (½ c/day minimum)	Item	Chilled Pineapple Tidbits	Fresh Red & Green Grapes	Chilled Apple Sauce	Chilled Fruit Cocktail	Fresh Orange Wedges
	Portion in cups	½ Cup	½ Cup	½ Cup	½ Cup	½ Cup
2 nd Fruits (If planned)	Item					
	Portion in cups					

FBMP, Lunch, Grade 6-8, 5 Day, Rev. 5/2012

Florida Department of Agriculture and Consumer Services - Food, Nutrition and Wellness - www.freshfromflorida.com/divisions/fnw/

NSLP—Food Based Meal Pattern: Sample Lunch Menu—5 Day (6-8) - (cont'd.)

NSLP - FOOD BASED MEAL PATTERN – SAMPLE LUNCH MENU - 5 DAY

Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Vegetables: (Dark Green ½ c/wk)	Item			Steamed Broccoli		Collard Greens
	Portion in cups			¼ Cup		½ Cup
Vegetables: (Red/Orange 3/4 c/wk)	Item	Sweet Potato Fries		Tomato (Meat Sauce)	Baby Carrots	Tomato (Pizza Sauce)
	Portion in cups	½ Cup		3/8 Cup	¼ Cup	1/8 Cup
Vegetables: (Beans, Peas or Legumes ½ c/wk)	Item		Baked Beans (USDA- I-06)			
	Portion in cups		2/3 Cup (yields ½ Cup)			
Vegetables: (Starchy ½ c/wk)	Item				Sweet Corn	
	Portion in cups				½ Cup	
Vegetables: (Other ½ c/wk)	Item	Green Beans			Avocado Slice	
	Portion in cups	½ Cup			1/8 Cup	
Vegetables: (Additional 1 c/wk)	Item		Fresh Cucumber Slices	Mixed Greens Salad (Romaine & Spinach)		Veggie Dippers (Red & Green Pepper Strips)
	Portion in cups		½ Cup	1 Cup (credit ½ Cup)		¼ Cup
Other Foods	Item					
	Portion in cups					
Condiments	Item	Light Mayo/Ketchup	Light Ranch Dressing/Ketchup/Mustard	Light Salad Dressing	Light Ranch Dressing/Mustard	Light Ranch Dressing
	Portion size	1 packet each	1 packet each	1 packet	1 packet each	1 packet

Note: *Contribution in oz. is the cooked amount. i.e., ¼ cup cooked dry beans or 1.34 oz. raw ground beef yields 1 oz. cooked beef and each provides 1 oz. M/MA. Add additional menu item pages as needed. ¹ Please use specific product weights rather than general weights from the USDA Grains/Breads Instruction.

Note: FBMP = Food Based Meal Pattern, eq. = equivalent, c = cup, WGR = whole grain-rich

Reminder: Sodium - Target I for SY 2014-2015 - Lunch ≤1230 mg (K-5); ≤1360 mg (6-8); ≤1420mg (9-12).

****Substitute whole wheat spaghetti for enriched spaghetti.**

Weekly Averages: Calories - 621; Sodium - 1132 mg; Saturated Fat - 4.36 g (6.31%).

Source: Florida Department of Agriculture and Consumer Services; Food, Nutrition and Wellness; www.freshfromflorida.com/divisions/fnw/

NSLP - FOOD BASED MEAL PATTERN - SAMPLE LUNCH MENU - 5 DAY WEEK 1

Agreement # _____ Contact Name _____ Grade Grouping **9-12**

FBMP - Lunch: 8 fl. oz. Fluid Milk; 5 cups Fruits/wk; 5 cups Vegetables/wk (from the subgroups); 10-12 oz. eq. Grains/Breads per five-day week (one half of offerings are whole grain-rich); 10-12 oz. Meat/Meat Alternate per week. Other specifications: Daily amount based on the weekly average: 750-850 calories; <10% of total calories from saturated fat; 0 grams trans fat per day.

Complete Milk Information Chart. Enter N/A for flavors not offered. If same choices offered every day, enter "SAME" for each menu. If choices change with menus, enter each choice offered.

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two choices required. Fat Free flavored or unflavored; 1% or less unflavored		Fat content(s)	1% or fat free	Fat free	Fat free	
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.	
Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Milk		SAME	SAME	SAME	SAME	SAME
Meat/Meat Alternate (2 oz/day minimum) 10-12 oz. eq./wk	Item	Grilled Chicken Patty Sandwich CN	Corn Dog CN	*Spaghetti/Meat sauce (USDA D-35)	Turkey & Cheese Wrap with Avocado Slice	WG Cheese Pizza CN
	Portion size or oz.	2.8 oz	4 oz	1 Cup	1.6 oz Turkey/ 1 oz Mozzarella Cheese	4.6 oz
	Contribution in oz.*	2 M/MA	2 M/MA	2 M/MA	2 M/MA	2 M/MA
2 nd Meat/Meat Alternate (If planned)	Item				Cinnamon Yogurt Dip	
	Portion size or oz.				¼ Cup = .5 M/MA	
	Contribution in oz.*					
Grains/Whole Grains (2 oz eq. minimum daily) ≥50% WGR 10-12 oz. eq./wk	Item	Whole Wheat Hamburger Bun	WG Breeding Corn Dog	**Whole Wheat Pasta	Tortilla	WG Crust
	Portion in oz. ¹ Cooked pasta & rice in cups	1.8 oz = 2 G/B	2 G/B	½ cup =1 G/B	8" (1.5 oz) = 1.50 G/B	2.25 G/B
2 nd Grains/Whole Grains (If planned)	Item			WW Dinner Roll	Macaroni Salad (USDA E-07)	
	Portion in oz. ¹ Cooked pasta & rice in cups			2 oz = 2 G/B	½ Cup = 1 G/B	
Fruits (1 c/day minimum)	Item	Chilled Pineapple with Mandarin Oranges	Fresh Red & Green Grapes	Chilled Apple Sauce	Chilled Fruit Cocktail	Fresh Orange Wedges
	Portion in cups	½ Cup	1 Cup	½ Cup	½ Cup	½ Cup
2 nd Fruits (If planned)	Item	100% Apple Juice		100% Pineapple - Orange Juice	Fresh Apple Slices	Raisins
	Portion in cups	½ Cup		½ Cup	½ Cup	¼ cup (credits ½ cup)

FBMP, Lunch, Grade 9-12, 5 Day, Rev. 5/2012

Florida Department of Agriculture and Consumer Services - Food, Nutrition and Wellness - www.freshfromflorida.com/divisions/fnw/

NSLP—Food Based Meal Pattern: Sample Lunch Menu—5 Day (9-12) - (cont'd.)

NSLP - FOOD BASED MEAL PATTERN - SAMPLE LUNCH MENU - 5 DAY WEEK 1

Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Vegetables: (Dark Green ½ c/wk)	Item			Steamed Broccoli		Collard Greens
	Portion in cups			½ Cup		½ Cup
Vegetables: (Red/Orange 1¼ c/wk)	Item	Sweet Potato Fries		Tomato (Meat Sauce)	Baby Carrots	Tomato (Pizza Sauce)
	Portion in cups	½ Cup		3/8 Cup	½ Cup	1/8 Cup
Vegetables: (Beans, Peas or Legumes ½ c/wk)	Item		Baked Beans (USDA- I-06)			
	Portion in cups		2/3 Cup (yields ½ Cup)			
Vegetables: (Starchy ½ c/wk)	Item				Sweet Corn	
	Portion in cups				½ Cup	
Vegetables: (Other ¾ c/wk)	Item	Green Beans			Avocado Slice	
	Portion in cups	¾ Cup			1/8 Cup	
Vegetables: (Additional 1½ c/wk)	Item		Fresh Cucumber Slices	Mixed Greens Salad (Romaine & Spinach)		Veggie Dippers (Red & Green Pepper Strips)
	Portion in cups		½ Cup	1 Cup (credits ½ Cup)		½ Cup
Other Foods	Item					
	Portion in cups					
Condiments	Item	Light Mayo/Ketchup	Light Ranch Dressing/Ketchup/Mustard	Light Salad Dressing	Light Ranch Dressing/Mustard	Light Ranch Dressing
	Portion size	1 packet each	2 packet/1 packet/1packet	2 packet	2 packet/1 packet	2 packet

Note: *Contribution in oz. is the cooked amount. i.e., ¼ cup cooked dry beans or 1.34 oz. raw ground beef yields 1 oz. cooked beef and each provides 1 oz. M/MA. Add additional menu item pages as needed. ¹ Please use specific product weights rather than general weights from the USDA Grains/Breads Instruction.

Note: FBMP = Food Based Meal Pattern, eq. = equivalent, c = cup, WGR = whole grain-rich.

Reminder: Sodium - Target I for SY 2014-2015 - Lunch ≤1230 mg (K-5); ≤1360 mg (6-8); ≤1420mg (9-12).

**Substitute whole wheat spaghetti for enriched spaghetti.

Weekly Averages: Calories - 776; Sodium - 1367 mg; Saturated Fat - 5.02 g (5.82%).

Source: Florida Department of Agriculture and Consumer Services; Food, Nutrition and Wellness; www.freshfromflorida.com/divisions/fnw/

NSLP - FOOD BASED MEAL PATTERN – SAMPLE LUNCH MENU - 5 DAY

Agreement # _____ Contact Name _____ Grade Grouping **K-8**

FBMP - Lunch: 8 fl. oz. Fluid Milk; 2 ½ cups Fruits/wk; 3 ¾ cups Vegetables/wk (from the subgroups); 8-9 oz. eq. Grains/Breads per five-day week (one half of offerings are whole grain-rich); 9-10 oz. Meat/Meat Alternate per week. Other specifications: Daily amount based on the weekly average: 600-650 calories; <10% of total calories from saturated fat; 0 grams trans fat per day.

Complete Milk Information Chart. Enter N/A for flavors not offered. If same choices offered every day, enter “SAME” for each menu. If choices change with menus, enter each choice offered.

Milk Choices		Flavor	White	Chocolate	Strawberry	Other (specify)
Two choices required. Fat Free flavored or unflavored; 1% or less unflavored		Fat content(s)	1% or fat free	Fat free	Fat free	
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.	
Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Milk		SAME	SAME	SAME	SAME	SAME
Meat/Meat Alternate (1 oz/day minimum) 9-10 oz. eq./wk	Item	Grilled Chicken Patty Sandwich CN	Corn Dog CN	Spaghetti/Meat sauce (USDA D-35)	Turkey & Cheese Wrap with Avocado Slice	WG Cheese Pizza CN
	Portion size or oz.	2.8 oz	4 oz	1 Cup	1 oz Turkey/ 1 oz Mozzarella Cheese	4.6 oz
	Contribution in oz.*	2 M/MA	2 M/MA	2 M/MA	1.5 M/MA	2 M/MA
2 nd Meat/Meat Alternate (If planned)	Item					
	Portion size or oz.					
	Contribution in oz.*					
Grains/Whole Grains (1 oz eq. minimum daily) ≥50% WGR 8-9 oz. eq./wk	Item	Whole Wheat Hamburger Bun	WG Breeding Corn Dog	**Whole Wheat Pasta	Tortilla	WG Crust
	Portion in oz. ¹ Cooked pasta & rice in cups	1.8 oz = 2 G/B	2 G/B	½ cup =1 G/B	8” (1.5 oz) = 1.50 G/B	2.25 G/B
2 nd Grains/Whole Grains (If planned)	Item					
	Portion in oz. ¹ Cooked pasta & rice in cups					
Fruits (½ c/day minimum)	Item	Chilled Pineapple Tidbits	Fresh Red & Green Grapes	Chilled Apple Sauce	Chilled Fruit Cocktail	Fresh Orange Wedges
	Portion in cups	½ Cup	½ Cup	½ Cup	½ Cup	½ Cup
2 nd Fruits (If planned)	Item					
	Portion in cups					

FBMP, Lunch, Grade K-8, 5 Day, Rev. 5/2012

Florida Department of Agriculture and Consumer Services - Food, Nutrition and Wellness - www.freshfromflorida.com/divisions/fnw/

NSLP—Food Based Meal Pattern: Sample Lunch Menu—5 Day (K-8)

NSLP - FOOD BASED MEAL PATTERN – SAMPLE LUNCH MENU - 5 DAY

Components Week 1	Menu Item Name & Info	Day 1	Day 2	Day 3	Day 4	Day 5
Vegetables: (Dark Green ½ c/wk)	Item			Steamed Broccoli		Collard Greens
	Portion in cups			¼ Cup		3/8 Cup
Vegetables: (Red/Orange ¾ c/wk)	Item	Sweet Potato Fries		Tomato (Meat Sauce)	Baby Carrots	Tomato (Pizza Sauce)
	Portion in cups	½ Cup		3/8 Cup	¼ Cup	1/8 Cup
Vegetables: (Beans, Peas or Legumes ½ c/wk)	Item		Baked Beans (USDA- I-06)			
	Portion in cups		2/3 Cup (credits ½ Cup)			
Vegetables: (Starchy ½ c/wk)	Item				Sweet Corn	
	Portion in cups				½ Cup	
Vegetables: (Other ½ c/wk)	Item	Green Beans			Avocado Slice	
	Portion in cups	½ Cup			1/8 Cup	
Vegetables: (Additional 1 c/wk)	Item		Fresh Cucumber Slices	Mixed Greens Salad (Romaine & Spinach)		Veggie Dippers (Red & Green Pepper Strips)
	Portion in cups		¼ Cup	1 Cup (credits ½ Cup)		¼ Cup
Other Foods	Item					
	Portion in cups					
Condiments	Item	Light Mayo/Ketchup	Light Ranch Dressing/Ketchup/Mustard	Light Salad Dressing	Light Ranch Dressing/Mustard	Light Ranch Dressing
	Portion size	1 packet each	1 packet each	1 packet	1 packet each	1 packet

Note: ***Contribution in oz.** is the **cooked** amount. i.e., ¼ cup cooked dry beans **or** 1.34 oz. raw ground beef yields 1 oz. **cooked** beef and each provides **1 oz.** M/MA. Add additional menu item pages as needed

¹ Please use specific product weights rather than general weights from the USDA Grains/Breads Instruction.

Note: FBMP = Food Based Meal Pattern, eq. = equivalent, c = cup, WGR = whole grain-rich.

Reminder: Sodium - Target I for SY 2014-2015 - Lunch ≤1230 mg (K-5); ≤1360 mg (6-8); ≤1420mg (9-12).

Weekly Averages: Calories - 600; Sodium - 1069 mg; Saturated Fat - 4.30 g (6.45%).

Source: Florida Department of Agriculture and Consumer Services; Food, Nutrition and Wellness; www.freshfromflorida.com/divisions/fnw/

USDA Worksheet—Weekly Report, Lunch Week 1, Grades K-5

Weekly Report Lunch, Grades K-5								
Go to instructions	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Fruit (cups)	1	1	1	1	1	5	2 1/2	Yes
	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Vegetables	1	1	1	1	1	5	3 3/4	Yes
Cups of DARK GREEN	0	1	0	0	0	1	1/2	Yes
Cups of RED/ORANGE	1	0	0	0	0	1	3/4	Yes
Cups of BEANS/PEAS(Legumes)	0	0	0	0	1	1	1/2	Yes
Cups of STARCHY vegetables	0	0	1	0	0	1	1/2	Yes
Cups of OTHER (any other type of vegetable)	0	0	0	1	0	1	1/2	Yes
	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (oz equivalents)	Weekly Requirement Check
Minimum Meat/Meat Alternate	2.00	2.00	1.00	2.00	2.00	9.00	8	Yes
Maximum Meat/Meat Alternate	2.00	2.00	2.00	2.00	2.00	10.00	10	Yes

For entire USDA Worksheet ES Week 1, go to: <http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP34-2012os.pdf>

USDA Worksheet—Weekly Report, Lunch Week 2, Grades K-5

Weekly Report Lunch, Grades K-5								
Go to instructions	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Fruit (cups)	1	1	1	1	1	5	2 1/2	Yes
	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Vegetables	1	1	1	1	1	5	3 3/4	Yes
Cups of DARK GREEN	0	0	0	0	1	1	1/2	Yes
Cups of RED/ORANGE	1	0	0	0	0	1	3/4	Yes
Cups of BEANS/PEAS(Legumes)	0	1	0	0	0	1	1/2	Yes
Cups of STARCHY vegetables	0	0	1	0	0	1	1/2	Yes
Cups of OTHER (any other type of vegetable)	0	0	0	1	0	1	1/2	Yes
	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (oz equivalents)	Weekly Requirement Check
Minimum Meat/Meat Alternate	2.00	2.00	2.00	2.00	1.00	9.00	8	Yes
Maximum Meat/Meat Alternate	2.00	2.00	2.00	2.00	2.00	10.00	10	Yes

For entire USDA Worksheet ES Week 2, go to: <http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP34-2012os.pdf>

USDA Worksheet—Weekly Report, Lunch Week 3, Grades K-5

Weekly Report Lunch, Grades K-5								
Go to instructions	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Fruit (cups)	1	1	1	1	1	5	2 1/2	Yes
	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Vegetables	1	1	1	1	1	5	3 3/4	Yes
Cups of DARK GREEN	0	1	0	0	0	1	1/2	Yes
Cups of RED/ORANGE	1	0	0	0	0	1	3/4	Yes
Cups of BEANS/PEAS(Legumes)	0	0	0	1	0	1	1/2	Yes
Cups of STARCHY vegetables	0	0	1	0	0	1	1/2	Yes
Cups of OTHER (any other type of vegetable)	0	0	0	0	1	1	1/2	Yes
	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (oz equivalents)	Weekly Requirement Check
Minimum Meat/Meat Alternate	2.00	2.00	1.00	2.00	2.00	9.00	8	Yes
Maximum Meat/Meat Alternate	2.00	2.00	2.00	2.00	2.00	10.00	10	Yes

For entire USDA Worksheet ES Week 3, go to: <http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP34-2012os.pdf>

USDA Worksheet—Weekly Report, Lunch Week 4, Grades K-5

Weekly Report Lunch, Grades K-5								
Go to instructions	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Fruit (cups)	1	1	1	1	1	5	2 1/2	Yes
	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Vegetables	1	1	1	1	1	5	3 3/4	Yes
Cups of DARK GREEN	0	1	0	0	0	1	1/2	Yes
Cups of RED/ORANGE	1	0	0	0	0	1	3/4	Yes
Cups of BEANS/PEAS(Legumes)	0	0	1	0	0	1	1/2	Yes
Cups of STARCHY vegetables	0	0	0	1	0	1	1/2	Yes
Cups of OTHER (any other type of vegetable)	0	0	0	0	1	1	1/2	Yes
	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (oz equivalents)	Weekly Requirement Check
Minimum Meat/Meat Alternate	2.00	2.00	1.00	2.00	2.00	9.00	8	Yes
Maximum Meat/Meat Alternate	2.00	2.00	2.00	2.00	2.00	10.00	10	Yes

For entire USDA Worksheet ES Week 4, go to: <http://www.fns.usda.gov/cnd/Governance/Policy-Memos/2012/SP34-2012os.pdf>

Resources

Food Buying Guide

Calculator for Child Nutrition Programs

<http://fbg.nfsmi.org/>

Alabama Resources

Alabama Department of Education Resources on the Meal Pattern

<http://public.alsde.edu/apps/search/results.aspx?k=meal%20pattern>

Florida Department of Agriculture and Consumer Services

http://www.freshfromflorida.com/divisions/fnw/national_school_lunch.html

Kansas State Department of Education

Child Nutrition & Wellness at the Kansas State Department of Education (KSDE) provides information, resources, training and technical assistance to local agencies operating child nutrition and wellness programs.

http://www.kn-eat.org/CNW/CNW_Menus/Index.htm

- **Healthier Kansas Menus**

http://www.kn-eat.org/SNP/SNP_Menus/SNP_Resources_Healthier_Kansas_Menus.htm

National Food Service Management Institute

New Meal Pattern Training Resource *This lesson will focus on Food-Based Menu Planning (FBMP) required for the National School Lunch Program (NSLP). It provides an overview of the New Meal Pattern and is part of the Recognizing a Reimbursable Meal training resource. The training can be taught in short intervals or as a 6-hour session. The lesson includes a trainer's script, participants' handouts, PowerPoint presentation, and mock training recipes specifically developed for the purpose of this training.*

<http://www.nfsmi.org/ResourceOverview.aspx?ID=425>

Minnesota Department of Health

Resources to Make Menu Planning a Snap: Great Trays workshops provide a number of tools that offer a fresh approach to menu planning.

<http://www.health.state.mn.us/schools/greattrays/planning.html>

Minnesota Department of Health

Great promotions start with great listening. Listen to students to identify their likes, dislikes and ideas to promote the school meals program. Use Great Trays resources to identify opportunities to listen, learn and promote your program.

<http://www.health.state.mn.us/schools/greattrays/promotions.html>

USDA Links

Nutrition Standards for School Meals

Landing Page for USDA Regulations; Memos; Technical Assistance and Guidance Materials.

The new standards align school meals with the latest nutrition science and the real world circumstances of America's schools. These responsible reforms do what's right for children's health in a way that's achievable in schools across the Nation.

<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>

Meal Pattern Regulation

Final Rule: Nutrition Standards in the National School Lunch and School Breakfast Programs

<http://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf>

\$0.06 Reimbursement

Certification tools and materials to support the certification process.

<http://www.fns.usda.gov/cnd/governance/Policy-Memos/2012/SP34-2012os.pdf>

Offer vs. Serve: A Menu Planner for Healthy School Meals

http://www.fns.usda.gov/tn/resources/menuplanner_intro.pdf



Best Practices Sharing Center

SFAs and SAs can share resources and tools they use to serve healthy menus that meet the new school meal regulations

The screenshot shows the 'Best Practices Sharing Center' interface. At the top, there is a navigation bar with links for Home, About HMRS, News, Topics A-Z, Get Connected, Chefs Move to Schools, Help, and Contact Us. Below this is a search bar with a 'Go' button and a 'Search all USDA!' link. The main content area is titled 'Best Practices Sharing Center' and includes a welcome message and a search instruction: 'Select from the options below to search for resources.' The 'Browse by Subject' sidebar lists categories such as Recipes, Menu Planning, Best Practices, Resource Library, HealthierUS School Challenge Resources, Farm to School, Local Wellness Policy Resources, State Sharing Center, and Professional & Career Resources. The main content area has three sections: 'Topics' (Sodium reduction, Fruits, Vegetables, Whole grains, Meal pattern, Fluid milk, Meat / Meat alternatives, Dietary specifications (calories, sat. fat, trans fat), Planning tools, Monitoring tools), 'Formats' (Menu, Recipe, Checklist, Training material (video, webinar, etc.), Success story / Method of implementation), and 'Audiences' (School Food Authority, State Agency). A 'Submit a best practice' box on the right provides instructions for email submission to hmsr@ars.usda.gov.

<http://healthymeals.nal.usda.gov/bestpractices>



Chapter VI: Educating Parents

Sample Letter to Parents

Healthy Changes in Our School Cafeterias!

Dear [INSERT DISTRICT NAME] families,

This fall, [DISTRICT NAME] school cafeterias are meeting tough new federal nutrition standards for school meals, ensuring that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. Now is a great time to encourage your kids to choose school lunch!

School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits on saturated fat and portion size. Starting in School Year 2012-2013, school lunches will meet additional standards requiring:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students must take at least one serving of produce)
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- And less sodium

We're always working to offer [DISTRICT NAME] students healthier and tastier choices. [INSERT INFO ON ANY OTHER INITIATIVES: LOCALLY GROWN FOODS, HEALTHY NEW MENUS, CHEF PARTNERSHIPS, ETC]

School meals are a great value and a huge convenience for busy families too! [INSERT DETAILS ON MEAL PRICES AND ONLINE PAYMENT SYSTEMS]

We look forward to welcoming your children to the cafeteria this fall. To find out more about [DISTRICT NAME]'s healthy school meals [INSERT WEB SITE OR OTHER CONTACT INFO], and to get the facts about school meals visit www.schoolnutrition.org. Thank you!

Template Press Release

[INSERT DISTRICT NAME] School Meals Meet Tough New Nutrition Standards

[INSERT CITY, DATE] As **[DISTRICT NAME]** students return to school this fall, they'll find healthy new choices in their school cafeterias.

[DISTRICT NAME] will be serving school meals that meet tough new federal nutrition standards, ensuring that meals are healthy, well-balanced and provide students all the nutrition they need to succeed at school.

School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits for saturated fat and portion size. Starting this fall, school lunches will meet additional standards requiring:

- Age-appropriate calorie limits
- Larger servings of vegetables and fruits (students must take at least one serving of produce)
- A wider variety of vegetables, including dark green and red/orange vegetables and legumes
- Fat-free or 1% milk (flavored milk must be fat-free)
- More whole grains
- And less sodium

"We're always working to offer **[DISTRICT NAME]** students healthier and tastier choices," said **[INSERT SN DIRECTOR NAME]**. "In addition to meeting new nutrition standards, we're also **[INSERT INFO ON ANY OTHER INITIATIVES: LOCALLY GROWN FOODS, HEALTHY NEW MENUS, CHEF PARTNERSHIPS, STUDENT TASTINGS, NUTRITION EDUCATION, ETC].**"

School meals are a great value and a huge convenience for busy families. **[INSERT DETAILS ON MEAL PRICES AND ONLINE PAYMENT SYSTEMS]**

To find out more about **[DISTRICT NAME]'s** healthy school meals **[INSERT WEB SITE OR OTHER CONTACT INFO]**.

Talking Points and more...

New Meal Pattern Talking Points

- As [DISTRICT NAME] students return to school this fall, they'll find healthy choices in their school cafeterias.
- [DISTRICT NAME] will be serving school meals that meet tough new federal nutrition standards, ensuring that meals are healthy, well-balanced and provide students all the nutrition they need to succeed at school.
- School meals offer students milk, fruits and vegetables, proteins and grains, and they must meet strict limits for saturated fat and portion size.
- Starting this fall, school lunches will meet additional standards requiring:
 - Age-appropriate calorie limits
 - Larger servings of vegetables and fruits
 - A wider variety of vegetables (including dark green and red/orange vegetables and legumes)
 - Fat-free or 1% milk
 - More whole grains
 - And less sodium
- We're always working to offer [DISTRICT NAME] students healthier and tastier choices.
- In addition to meeting new standards, we're also [INSERT INFO ON ANY OTHER INITIATIVES: LOCALLY GROWN FOODS, HEALTHY NEW MENUS, CHEF PARTNERSHIPS, STUDENT TASTINGS, NUTRITION EDUCATION, ETC]
- School meals are a great value and a huge convenience for busy families.
- *Consider mentioning meal prices and payment systems, eg:* Our school lunches cost only xxx for elementary students and xxx for secondary students and parents can pay for these meals online through our website.
- To see our menus and get more information [INSERT WEBSITE OR CONTACT INFO]

For the actual Word Document version: <http://www.schoolnutrition.org/mealpattern>



Appendices & Resources

APPENDIX A - APPROVED BEANS

Mature dry beans and peas are creditable in food-based menu planning as either a vegetable or Meat/Meat Alternate component, but not as both components simultaneously. The term “dry beans and peas” refers to the harvesting process of allowing the bean or pea to “mature” or “dry” on the plant before harvesting; it does not refer to the “as-purchased” form of the bean. Many canned or froz.en beans or peas are actually dry beans and peas that have been cooked and canned or froz.en and are therefore acceptable for meeting criteria.

Bean Products, dehydrated, Refried Beans

Bean products, dry beans, canned, beans baked or in sauce with pork

Bean Products, dry beans, canned, beans with bacon in sauce

Bean Products, dry beans, canned, beans with frankfurters in sauce

Bean Products, dry beans, canned; Beans, Baked or in sauce, Vegetarian, includes USDA Foods

Bean Products, dry beans, canned; Refried Beans, includes USDA Foods

Bean soup, dry beans, canned, condensed, (1 part soup to 1 part water)

Bean soup, dry beans, canned, ready-to-serve

Beans, black, (Turtle beans), dry, canned, whole, includes USDA Foods

Beans, black, (Turtle beans), dry, whole

Beans, black-eyed (or peas), dry, canned, whole, includes USDA Foods

Beans, black-eyed (or Peas), dry, whole, includes USDA Foods

Beans, garbanzo or chickpeas, dry, canned, whole, includes USDA Foods

Beans, garbanzo or chickpeas, dry, whole

Beans, Great Northern, dry, canned, whole, includes USDA Foods

Beans, Great Northern, dry, whole, includes USDA Foods

Beans, Kidney, dry, canned, whole, includes USDA Foods

Beans, Kidney, dry, whole, includes USDA Foods

Beans, Lima, dry Baby, whole, includes USDA Foods

Beans, Lima, dry, canned, Green, whole, includes USDA Foods

Beans, Lima, dry, Fordhook, whole

Beans, Mung, dry, whole

Beans, Navy or Pea, dry, whole, includes USDA Foods

Beans, Pink, dry, canned, whole, includes USDA Foods

Beans, Pink, dry, whole, includes USDA Foods

Beans, Pinto, dehydrated

Beans, Pinto, dry, canned, whole, includes USDA Foods

Beans, Pinto, dry, whole, includes USDA Foods

Beans, Red, Small, dry, canned, whole, includes USDA Foods

Beans, Red, Small, dry, whole, includes USDA Foods

Beans, Soy, dry, canned, shelled

Beans, Soy, dry, shelled

Lentils, dry

Pea soup, dry peas, canned, condensed, (1 part soup to 1 part water), includes cream of pea soup

Pea soup, dry peas, canned, ready-to-serve

Peas, dry, split

Peas, dry, whole

APPENDIX B - APPROVED VEGETABLE SUBGROUPS

USDA plans to update the fruit and vegetable sections of the Food Buying Guide (FBG) for Child Nutrition Programs. This listing is intended to be a temporary reference to assist the menu planner in making selections to meet the new meal patterns and to guide managers in choosing appropriate menu selections when emergency substitutions are required. Refer to the updated FBG when it is released.

Method of preparation does not affect the vegetable subgroup. For example, sweet potatoes are in the red and orange group, spinach is in the dark green group or white potatoe are in the starchy group regardless of method of preparation.

Dark Green Vegetables	Red & Orange Vegetables	Legumes (Beans & Peas) 1
Bok-Choy Broccoli Collard greens Dark green leafy lettuce Kale Mesclun Mustard greens Romaine lettuce Spinach Turnip greens Watercress	Acorn squash Butternut squash Carrots Hubbard squash Pumpkin Red peppers Sweet potatoes Tomatoes Tomato juice	Black beans Black-eyed peas (mature, dry) Garbanzo beans (chickpeas) Kidney beans Lentils Lima beans (mature, dry) Pinto beans Navy beans Soy beans Split peas White beans
Starchy Vegetables	Other Vegetables	
Corn Cowpeas, immature (not dry) Field peas, immature (not dry) Black-eyed peas, immature (not dry) Green bananas Green peas Green lima beans Plantains Potatoes Water chestnut	Artichokes Asparagus Avocado Bean sprouts Brussels sprouts Beets Cabbage Cauliflower Celery Cucumbers Eggplant Green beans	Iceberg (head) lettuce Mushrooms Green peppers Mixed Vegetables comprised of various subgroups Okra Onions Parsnips Radish Summer Squash Turnips Wax beans Zucchini

Any vegetable from the other subgroups except starchy. Additional vegetables to meet the required weekly quantity can come from any of the subgroups of vegetables.

APPENDIX C - APPROVED GRAINS

While children generally eat enough total grains, most of the grains they consume are refined grains rather than whole grains. Whole grains (e.g., whole wheat flour, oatmeal, whole cornmeal, and brown rice) are a good source of nutrients such as iron, magnesium, selenium, B vitamins, and dietary fiber. The Dietary Guidelines suggests that eating whole grains in nutrient dense forms may lower body weight and reduce the risk of cardiovascular disease. At least half of the grains offered at lunch must be whole-grain rich in School Year 2012- 2013. During SY 2012-13 and SY 2013-14 only, refined-grain foods that are enriched may be included on the lunch menu. The new meal pattern provides a minimum and maximum number of oz. eq to meet the weekly grains requirement by age group.

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST (Groups A-C)

WHOLE-GRAIN-RICH OUNCE EQUIVALENCY (OZ. EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS ^{1, 2}

<table style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #f4a460;"> <th colspan="2" style="text-align: center; padding: 2px;">Group A</th> </tr> </thead> <tbody> <tr> <td style="width: 50%; padding: 2px;">Bread type coating</td> <td style="width: 50%; padding: 2px;">Croutons</td> </tr> <tr> <td style="padding: 2px;">Bread sticks (hard)</td> <td style="padding: 2px;">Pretzels (hard)</td> </tr> <tr> <td style="padding: 2px;">Chow mein noodles</td> <td style="padding: 2px;">Stuffing (dry)</td> </tr> <tr> <td style="padding: 2px;">Savory crackers (saltines & snack crackers)</td> <td style="padding: 2px;">Note: weights apply to bread in stuffing</td> </tr> </tbody> </table>	Group A		Bread type coating	Croutons	Bread sticks (hard)	Pretzels (hard)	Chow mein noodles	Stuffing (dry)	Savory crackers (saltines & snack crackers)	Note: weights apply to bread in stuffing	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #f4a460;"> <th style="text-align: center; padding: 2px;">Oz. Eq. for Group A</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px;">1 oz eq = 22 gm or 0.8 oz</td> </tr> <tr> <td style="padding: 2px;">3/4 oz eq = 17 gm or 0.6 oz</td> </tr> <tr> <td style="padding: 2px;">1/2 oz eq = 11 gm or 0.4 oz</td> </tr> <tr> <td style="padding: 2px;">1/4 oz eq = 6 gm or 0.2 oz</td> </tr> </tbody> </table>	Oz. Eq. for Group A	1 oz eq = 22 gm or 0.8 oz	3/4 oz eq = 17 gm or 0.6 oz	1/2 oz eq = 11 gm or 0.4 oz	1/4 oz eq = 6 gm or 0.2 oz														
Group A																														
Bread type coating	Croutons																													
Bread sticks (hard)	Pretzels (hard)																													
Chow mein noodles	Stuffing (dry)																													
Savory crackers (saltines & snack crackers)	Note: weights apply to bread in stuffing																													
Oz. Eq. for Group A																														
1 oz eq = 22 gm or 0.8 oz																														
3/4 oz eq = 17 gm or 0.6 oz																														
1/2 oz eq = 11 gm or 0.4 oz																														
1/4 oz eq = 6 gm or 0.2 oz																														
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #f4a460;"> <th colspan="2" style="text-align: center; padding: 2px;">Group B</th> </tr> </thead> <tbody> <tr> <td style="width: 50%; padding: 2px;">Bagels</td> <td style="width: 50%; padding: 2px;">Pita bread</td> </tr> <tr> <td style="padding: 2px;">Batter type coating</td> <td style="padding: 2px;">(whole wheat or whole-grain-rich)</td> </tr> <tr> <td style="padding: 2px;">Biscuits</td> <td style="padding: 2px;">Pizza crust</td> </tr> <tr> <td style="padding: 2px;">Breads</td> <td style="padding: 2px;">Pretzels (soft)</td> </tr> <tr> <td style="padding: 2px;">(sliced whole wheat, French, Italian)</td> <td style="padding: 2px;">Rolls</td> </tr> <tr> <td style="padding: 2px;">Buns</td> <td style="padding: 2px;">(whole wheat or whole-grain-rich)</td> </tr> <tr> <td style="padding: 2px;">(hamburger & hot dog)</td> <td style="padding: 2px;">Tortillas</td> </tr> <tr> <td style="padding: 2px;">Sweet Crackers⁴</td> <td style="padding: 2px;">(whole wheat or whole corn)</td> </tr> <tr> <td style="padding: 2px;">(graham crackers— all shapes, animal crackers)</td> <td style="padding: 2px;">Tortilla chips</td> </tr> <tr> <td style="padding: 2px;">Egg roll skins</td> <td style="padding: 2px;">(whole wheat or whole corn)</td> </tr> <tr> <td style="padding: 2px;">English muffins</td> <td style="padding: 2px;">Taco shells</td> </tr> </tbody> </table>	Group B		Bagels	Pita bread	Batter type coating	(whole wheat or whole-grain-rich)	Biscuits	Pizza crust	Breads	Pretzels (soft)	(sliced whole wheat, French, Italian)	Rolls	Buns	(whole wheat or whole-grain-rich)	(hamburger & hot dog)	Tortillas	Sweet Crackers ⁴	(whole wheat or whole corn)	(graham crackers— all shapes, animal crackers)	Tortilla chips	Egg roll skins	(whole wheat or whole corn)	English muffins	Taco shells	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #f4a460;"> <th style="text-align: center; padding: 2px;">Oz. Eq. for Group B</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px;">1 oz eq = 28 gm or 1.0 oz</td> </tr> <tr> <td style="padding: 2px;">3/4 oz eq = 21 gm or 0.75 oz</td> </tr> <tr> <td style="padding: 2px;">1/2 oz eq = 14 gm or 0.5 oz</td> </tr> <tr> <td style="padding: 2px;">1/4 oz eq = 7 gm or 0.25 oz</td> </tr> </tbody> </table>	Oz. Eq. for Group B	1 oz eq = 28 gm or 1.0 oz	3/4 oz eq = 21 gm or 0.75 oz	1/2 oz eq = 14 gm or 0.5 oz	1/4 oz eq = 7 gm or 0.25 oz
Group B																														
Bagels	Pita bread																													
Batter type coating	(whole wheat or whole-grain-rich)																													
Biscuits	Pizza crust																													
Breads	Pretzels (soft)																													
(sliced whole wheat, French, Italian)	Rolls																													
Buns	(whole wheat or whole-grain-rich)																													
(hamburger & hot dog)	Tortillas																													
Sweet Crackers ⁴	(whole wheat or whole corn)																													
(graham crackers— all shapes, animal crackers)	Tortilla chips																													
Egg roll skins	(whole wheat or whole corn)																													
English muffins	Taco shells																													
Oz. Eq. for Group B																														
1 oz eq = 28 gm or 1.0 oz																														
3/4 oz eq = 21 gm or 0.75 oz																														
1/2 oz eq = 14 gm or 0.5 oz																														
1/4 oz eq = 7 gm or 0.25 oz																														
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #f4a460;"> <th colspan="2" style="text-align: center; padding: 2px;">Group C</th> </tr> </thead> <tbody> <tr> <td style="width: 50%; padding: 2px;">Cookies³</td> <td style="width: 50%; padding: 2px;">Pie crust</td> </tr> <tr> <td style="padding: 2px;">(plain—includes vanilla wafers)</td> <td style="padding: 2px;">(dessert pies³, cobbler³, fruit turnovers⁴, and meat/ meat alternate pies)</td> </tr> <tr> <td style="padding: 2px;">Cornbread</td> <td style="padding: 2px;">Waffles</td> </tr> <tr> <td style="padding: 2px;">Corn muffins</td> <td></td> </tr> <tr> <td style="padding: 2px;">Croissants</td> <td></td> </tr> <tr> <td style="padding: 2px;">Pancakes</td> <td></td> </tr> </tbody> </table>	Group C		Cookies ³	Pie crust	(plain—includes vanilla wafers)	(dessert pies ³ , cobbler ³ , fruit turnovers ⁴ , and meat/ meat alternate pies)	Cornbread	Waffles	Corn muffins		Croissants		Pancakes		<table style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #f4a460;"> <th style="text-align: center; padding: 2px;">Oz. Eq. for Group C</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px;">1 oz eq = 34 gm or 1.2 oz</td> </tr> <tr> <td style="padding: 2px;">3/4 oz eq = 26 gm or 0.9 oz</td> </tr> <tr> <td style="padding: 2px;">1/2 oz eq = 17 gm or 0.6 oz</td> </tr> <tr> <td style="padding: 2px;">1/4 oz eq = 9 gm or 0.3 oz</td> </tr> </tbody> </table>	Oz. Eq. for Group C	1 oz eq = 34 gm or 1.2 oz	3/4 oz eq = 26 gm or 0.9 oz	1/2 oz eq = 17 gm or 0.6 oz	1/4 oz eq = 9 gm or 0.3 oz										
Group C																														
Cookies ³	Pie crust																													
(plain—includes vanilla wafers)	(dessert pies ³ , cobbler ³ , fruit turnovers ⁴ , and meat/ meat alternate pies)																													
Cornbread	Waffles																													
Corn muffins																														
Croissants																														
Pancakes																														
Oz. Eq. for Group C																														
1 oz eq = 34 gm or 1.2 oz																														
3/4 oz eq = 26 gm or 0.9 oz																														
1/2 oz eq = 17 gm or 0.6 oz																														
1/4 oz eq = 9 gm or 0.3 oz																														

- 1 The following food quantities from Groups A-G must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole-grain-rich.
- 2 Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.
- 3 Allowed only as dessert at lunch as specified in §210.10.
- 4 Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST (Groups D-F)

WHOLE-GRAIN-RICH OUNCE EQUIVALENCY (OZ. EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS ^{1, 2}

<p style="text-align: center; background-color: #0070C0; color: white; margin: 0;">Group D</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Doughnuts⁴ (cake & yeast raised, unfrosted)</p> <p>Cereal bars, breakfast bars, granola bars⁴ (plain)</p> </div> <div style="width: 45%;"> <p>Muffins (all, except corn)</p> <p>Sweet roll⁴ (unfrosted)</p> <p>Toaster pastry⁴ (unfrosted)</p> </div> </div>	<p style="text-align: center; background-color: #0070C0; color: white; margin: 0;">Oz. Eq. for Group D</p> <p>1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz</p>
<p style="text-align: center; background-color: #000080; color: white; margin: 0;">Group E</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces)</p> <p>Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purées)</p> </div> <div style="width: 45%;"> <p>Doughnuts⁴ (cake & yeast raised, frosted or glazed)</p> <p>French toast</p> <p>Sweet rolls⁴ (frosted)</p> <p>Toaster pastry⁴ (frosted)</p> </div> </div>	<p style="text-align: center; background-color: #000080; color: white; margin: 0;">Oz. Eq. for Group E</p> <p>1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz</p>
<p style="text-align: center; background-color: #800080; color: white; margin: 0;">Group F</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Cake³ (plain, unfrosted)</p> </div> <div style="width: 45%;"> <p>Coffee cake⁴</p> </div> </div>	<p style="text-align: center; background-color: #800080; color: white; margin: 0;">Oz. Eq. for Group F</p> <p>1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz</p>

1 The following food quantities from Groups A-G must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole-grain-rich.

2 Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

3 Allowed only as dessert at lunch as specified in §210.10.

4 Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST (Groups G-I)

WHOLE-GRAIN-RICH OUNCE EQUIVALENCY (OZ. EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS^{1, 2}

<p style="text-align: center;">Group G</p> <p>Brownies³ (plain)</p> <p>Cake³ (all varieties, frosted)</p>	<p style="text-align: center;">Oz. Eq. for Group G</p> <p>1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz</p>
<p style="text-align: center;">Group H</p> <p>Cereal Grains (barley, quinoa, etc) Breakfast cereals (cooked)^{5,6} Bulgur or cracked wheat Macaroni (all shapes)</p> <p>Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)</p>	<p style="text-align: center;">Oz. Eq. for Group H</p> <p>1 oz eq = 1/2 cup cooked or 1 ounce (28 g) dry</p>
<p style="text-align: center;">Group I</p> <p>Ready to eat breakfast cereal (cold, dry)^{5,6}</p>	<p style="text-align: center;">Oz. Eq. for Group I</p> <p>1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola</p>

1 The following food quantities from Groups A-G must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole-grain-rich.

2 Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

3 Allowed only as dessert at lunch as specified in §210.10.

5 Refer to program regulations for the appropriate serving size for supplements served to children ages 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

6 Cereals must be whole-grain, or whole-grain and enriched or fortified cereal.



School Nutrition Association
120 Waterfront Street, Suite 300
National Harbor, MD 20745
(301) 686-3100 • fax: (301) 686-3115
www.schoolnutrition.org

Additional contributions for the SNA Meal Pattern Resource Guide provided by: Alabama Department of Education Resources, Florida Department of Agriculture and Consumer Services, Food Buying Guide, Minnesota Department of Education, Minnesota Department of Health, North Carolina Department of Public Instruction, National Food Service Management Institute, School Nutrition Foundation, U.S. Department of Agriculture.