

Step by Step Instruction: How to Plan a Supper Menu Using the CACFP Meal Pattern

Professional Standards Learning Code: 1100
Length: 1.5 hours



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Step by Step Instruction: How to Plan a Supper Menu Using the CACFP Meal Pattern is intended for the School Food Authorities in the state of Arizona. All regulations are specific to operating the National School Lunch Program under the direction of the Arizona Department of Education.

*Step by Step
Instruction:
How to Plan a
Supper Menu
Using the
CACFP Meal
Pattern*

Intended Audience and Content

- This *How-To-Guide* is intended for Local Educational Agencies (LEAs) operating the National School Lunch Program (NSLP) and the At-Risk Afterschool Meals (At-Risk) component of the Child and Adult Care Food Program (CACFP) who plan supper menus and ensure these menus meet the CACFP meal pattern.
- The following slides will only cover instructions for planning a weekly supper menu using the CACFP meal pattern.

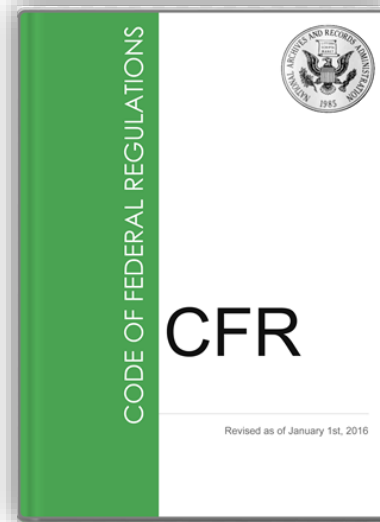
Step by Step Instruction: How to Plan a Supper Menu Using the CACFP Meal Pattern

Objectives

At the end of this training, attendees should be able to:

- understand how to read the CACFP Meal Pattern Chart; and
- know how to plan meals that meet the daily CACFP component requirements.

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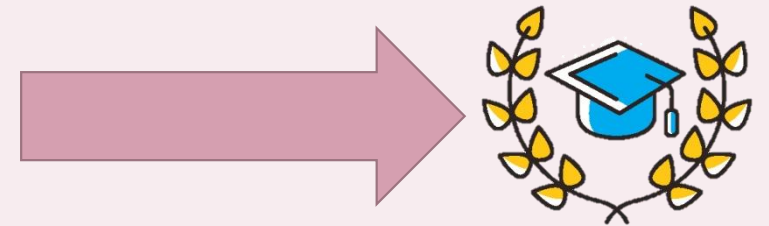


The instructions within this *How-To-Guide* are based on guidance from the Code of Federal Regulations (CFR), §210.10 Meal requirements for lunches and requirements for afterschool snacks.

It is recommended to review the information on the [Meal and Snack Requirements Webpage](#) for additional help with understanding the guidance in the CFR.

Comprehension Check

- Throughout this guide there will be comprehension quiz questions to test your knowledge and help you apply what you're learning.
- Be sure to review these quiz questions and the answers, available within the guide.
- This icon will indicate a comprehension quiz question, and the background of the slides will be a light pink like you see on this slide.



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Definitions

Component: One of five food groups that comprise reimbursable lunches and suppers. The five components are: fruits, vegetables, grains, meat/meat alternate, and fluid milk.

Offer Versus Serve: A meal service option that allows participating children the option to decline certain food offered as part of a reimbursable menu.

Point of Service: The point in a food service operation where a determination can be accurately made that a reimbursable free, reduced-price, or paid meal has been served to an eligible child.

Reimbursable Meal: A meal that a child receives at the point of service containing the required components from the reimbursable menu that will be claimed for reimbursement.

Definitions
Continued

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Definitions

Reimbursable Menu: A menu made available to all children that offers the daily minimum requirements of the CACFP meal pattern.

Serve Only: A meal service option where all participating children receive all five components in the required amounts, and no menu component may be declined.

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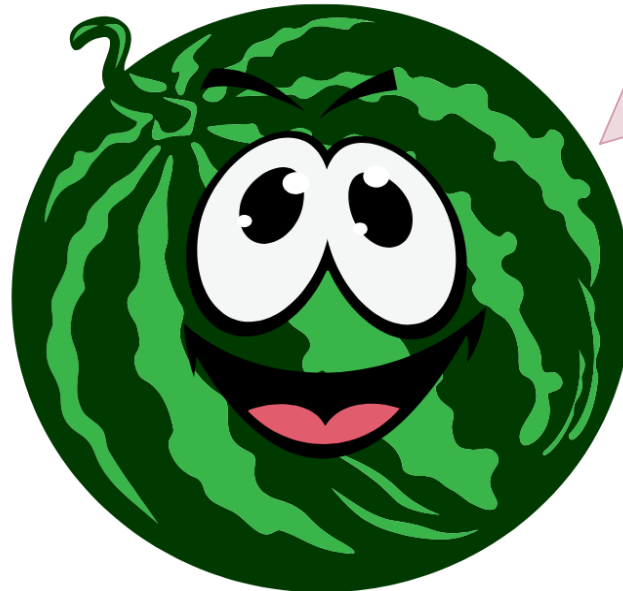
The Step by Step Instruction will review:

Introduction to the Meal Pattern	Slides 9 – 16
Planning the Supper Menu	Slides 17 – 33
Daily Requirements Review	Slides 34 – 42
Completing the Weekly Menu	Slides 43 – 95
Tips to Help You Menu Plan Like a Pro	Slides 96 – 100

Introduction to the Meal Pattern

Introduction

Meet your Trainer



I'm Walter the Watermelon and I will be leading you through this menu planning guide.

Look for me to provide additional details throughout this guide! We will be going through how to plan a supper menu for At-Risk Afterschool Meals, but we will not be covering Serve Only and Offer Versus Serve (OVS). Please refer to the [Offer Versus Serve Manual](#) for details on this meal service and menu planning option.

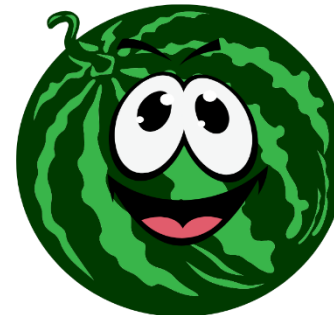
The OVS meal service may be implemented under the CACFP meal pattern for At-Risk Afterschool Meals when serving a five component meal.

Introduction

Choosing a Meal Pattern

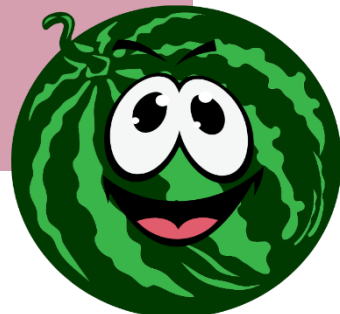
SFAs operating At-Risk have the option to choose between the NSLP or the CACFP meal pattern. In most cases, it is recommended that SFAs choose the NSLP meal pattern since they are already familiar with the requirements and the unfamiliarity of the CACFP meal pattern may result in more findings during the Administrative Review. However, some SFAs may find benefit in following the CACFP meal pattern since this meal pattern is based off of serving age groups, unlike the NSLP meal pattern that serves grade groups. Therefore, if a variety of children with different ages participate in the At-Risk meal service, it may be beneficial to use the CACFP meal pattern and plan the menu fit for most ages.

If you are taking this training,
you must have chosen the
CACFP meal pattern!



Continue

Introduction



Meal Pattern Chart

Meal pattern charts can be found on the [At-Risk Afterschool Meals for SFAs Webpage](#).

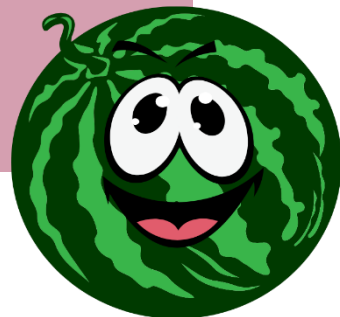
You can see that unlike the NSLP meal pattern, the CACFP meal pattern does not have weekly requirements; therefore, there are not multiple charts based on the number of days of operation.

Also note that this chart is for planning a menu that meets lunch and dinner meal pattern requirements under the CACFP. This chart will be used for planning both At-Risk supper and At-Risk lunch.

Before moving on, please print the chart.

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(At-Risk Afterschool Programs and Emergency Shelter)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Introduction



Age Groups

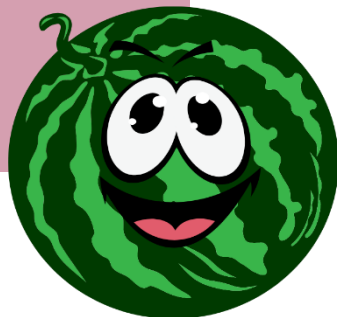
Now that you've printed the chart, let's get a bit more specific.

The chart shows the required amounts for the different age groups in each column.

Please note, there isn't one meal pattern that covers ages 1–18. If you serve supper to all of those ages, you'll need to make sure you serve different amounts of food for the appropriate ages or plan a menu that can cater these different age group requirements.

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at risk for chronic disease and emergency shelter)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Introduction



Daily Requirements

This chart also shows you the daily requirements for each component. The component is listed in the far left column. The five components are: Fruit, Vegetable, Grains, Meat/Meat Alternate, and Fluid Milk.

Highlight the daily amounts you'll need to plan in order to meet the meal pattern requirements for the age groups for each component.

I highlighted the component requirements for ages 13–18.

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(if not in school program and emergency shelter)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruit⁷	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

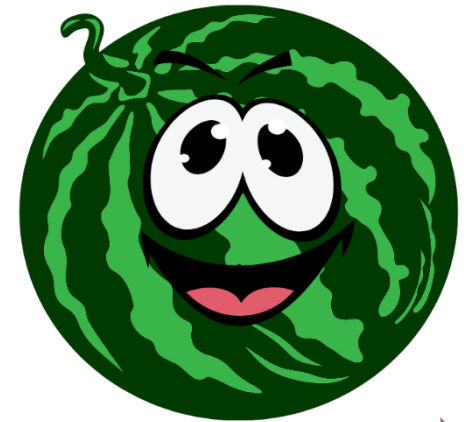
Footnotes

Introduction

Meal Pattern Footnotes

There are also footnotes to the CACFP meal pattern chart that outline details of the meal pattern and are crucial to building a compliant menu.

Please learn about these footnotes on the next slide and note that they will be included throughout this training in parenthesis ().

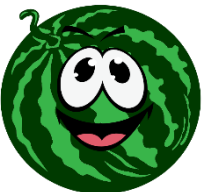


Footnotes

Introduction

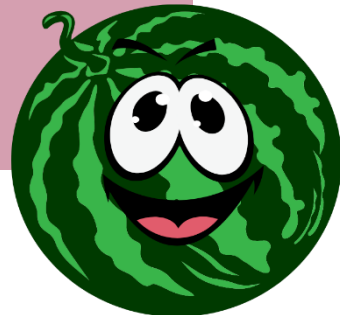
Meal Pattern Footnotes

1. Must serve all five components for a reimbursable meal. Offer versus Serve may be implemented for At-Risk participants.
2. Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
3. Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free milk (skim), or flavored fat-free (skim) milk for children six years old and older.
4. Alternate protein products must meet the requirements in Appendix A to Part 226.
5. Yogurt must contain no more than 23 grams of total sugar per 6 ounces.
6. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
7. A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
8. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.
9. Beginning October 1, 2021, ounce equivalents are used to determine the quantity of the creditable grain.
10. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).



Planning the Supper Menu

Planning the Supper Menu



Determine Your Age Group

The first decision that should be made as the menu planner is to determine which grade group you will be planning for.

As you can see on the meal pattern chart, **after school programs are to follow the minimum daily requirements for ages 13–18**. Because of this, I will plan this menu based on the 13–18 age group requirements.

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>in a non-school program and a meal may not include it</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Planning the Supper Menu

Lunch and Supper Menu Planner

Now let's start building our menu! As we go through this guide, we will fill in one week's menu and make sure we meet all the components and serving sizes as we go along! You can print out the At-Risk Lunch and Supper Menu Planner (CACFP Meal Pattern) which is found on the [At-Risk Afterschool Meals for School Food Authorities \(SFAs\) Webpage](#) in the Meal Pattern tab.

You will fill this in to see how it can be used while planning your menu. Please note that this particular menu planner should only be used when planning an At-Risk menu when the CACFP meal pattern has been chosen.


At-Risk Lunch and Supper Menu Planner (CACFP Meal Pattern)

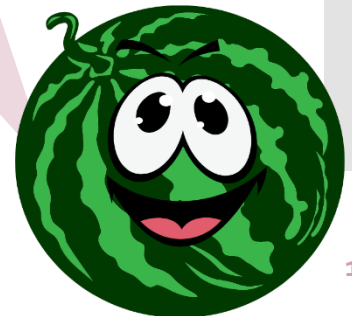
Age Group: 1-2 3-5 6-12 13-18

	Monday	Tuesday	Wednesday	Thursday	Friday
Grain:	Serving Size: _____	Serving Size: _____	Serving Size: _____	Serving Size: _____	Serving Size: _____
Meat/Meat Alternate:	Serving Size: _____	Serving Size: _____	Serving Size: _____	Serving Size: _____	Serving Size: _____
Fruit:	Serving Size: _____	Serving Size: _____	Serving Size: _____	Serving Size: _____	Serving Size: _____
Vegetable:	Serving Size: _____	Serving Size: _____	Serving Size: _____	Serving Size: _____	Serving Size: _____
Milk:	Serving Size: _____	Serving Size: _____	Serving Size: _____	Serving Size: _____	Serving Size: _____

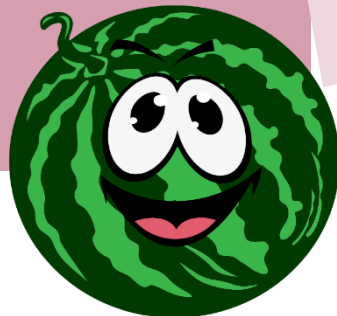
Review for meal pattern compliance.

☐ Meets the daily serving requirements for all components.

 Revised and released January 2020



Planning the Supper Menu



Most menus offer the grains and meat/meat alternates as part of the entrée, so let's start there!

Menu planners need to remember to use proper crediting techniques for all menu items on their supper menus. It is important to use the Food Buying Guide to ensure oz eq are being met for grains and meat/meat alternate menu contributions. Just like NSLP meal service, copies of menus, production records, standardized recipes, nutrition facts labels, and product formulation statements or CN labels must be utilized.

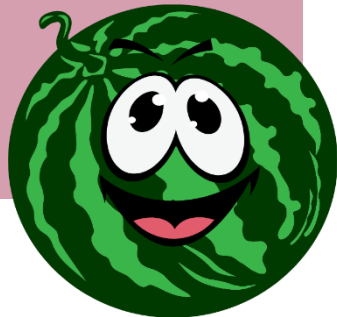
For example, bread slices come in a variation of sizes and ingredients. If we were going to menu one slice of bread, this would require the use of [Exhibit A](#) of the Food Buying Guide to properly credit this grain and to ensure the grain requirement is met.

Even though the CACFP meal pattern will not be measuring grains and meat/meat alternates in oz eq until October 1, 2021, SFAs are encouraged to begin this implementation now.

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>plus 1½ oz eq for school programs and 2 oz eq for 18-19 yrs</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Continue

Planning the Supper Menu



Meat/Meat Alternate

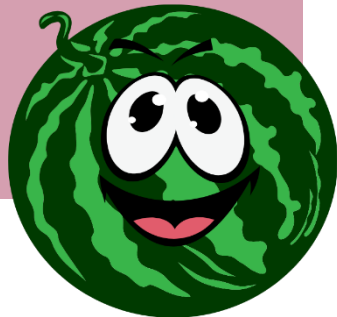
Food Components and Food Items ⁴	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ⁴ <small>for all school programs and meal programs</small>
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	⅓ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%

First, let's look for the meat/meat alternate component on the meal pattern chart. The first field is for the 1–2 age group. If we keep looking to the right, we will see the header for Ages 13–18. When looking at this chart, the menu planner will have to find the meat/meat alternate type on the left and keep looking to the right to find that items required serving amount for the age group that is being planned for.

For example, if I want to serve a chicken patty as my only meat/meat alternate option in a meal I'm planning, I would have to ensure that the chicken contains at least 2 ounces of lean poultry in the product.

Continue

Planning the Supper Menu



Planning the Entrée

Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(with kitchen school programs and emergency shelters)</small>
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidelines, in an equivalent amount to any component above, although...				

What should I plan for the entrée?

I love Beef Teriyaki... Let's start with that!
Now, do I give each child 3 or 4 beef strips?

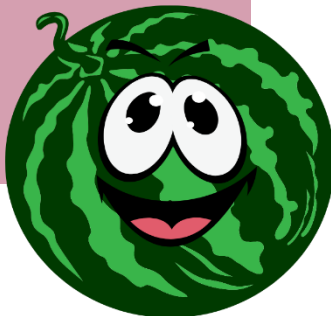
My chart says I need to give them at least 2 OZ.

What does that mean when in terms of menuing my meat/meat alternate product?

MONDAY

Entrée:
Beef Teriyaki

Planning the Supper Menu

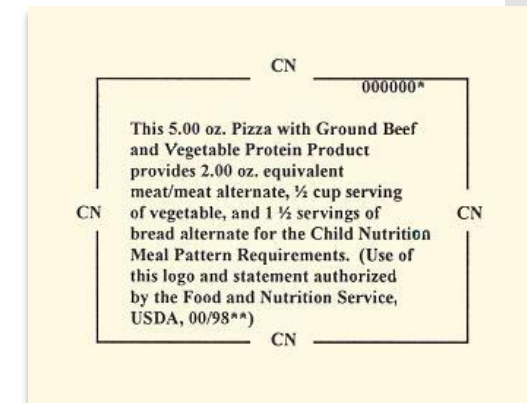
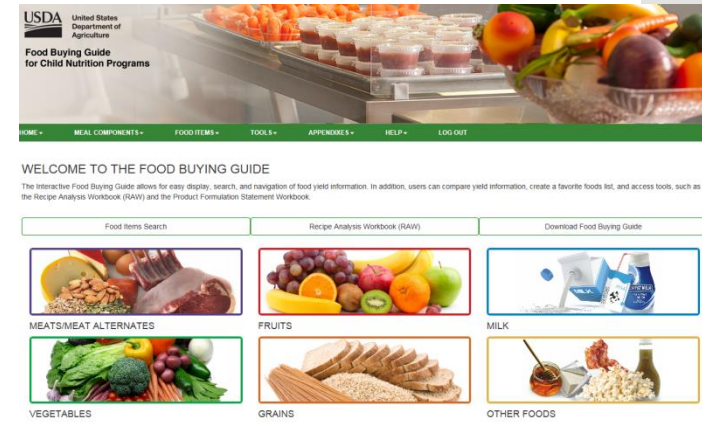


Crediting Grains and Meat/Meat Alternates

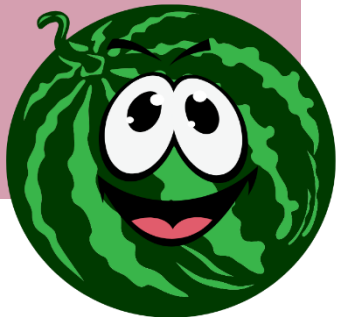
A 2 oz eq means there is enough meat or enough grain to count towards the meal pattern. Keep in mind that an oz eq is **not** the same thing as the weight of the product.

I need to use the Food Buying Guide or read a CN Label or a Product Formulation Statement to determine how much of the beef strips in lean meat. ADE has some great resources for learning about crediting grains and understanding labels. Be sure to look this information up later on the [Meal Pattern Requirements Webpage](#).

For now, I'll just tell you the serving size for the menu we create. I'm trusting you'll learn about crediting and review the products on your menu!



Planning the Supper Menu



Planning the Entrée

Now, back to our Beef Teriyaki. I read the CN label on the box and it told me that 4 beef strips equal a 2 oz eq of meat/meat alternate.

Based on our meal pattern chart, I need to serve a minimum of 2 oz. Like I said, I am required to ensure how much lean meat is in my beef strips. Based on my crediting documentation, I have to serve at least 4 beef strips in order to meet this requirement. Four of these beef strips will equal 2 oz of meat/meat alternate.

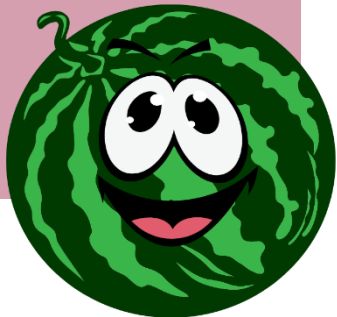
MONDAY

Entrée:

Beef Teriyaki: 4 each =

2 oz meat/meat alternate

Planning the Supper Menu



Planning the Entrée

Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(with kitchen tool programs and emergency shelters)</small>
Grains (oz eq)^{3,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

I'm also going to serve brown rice with my beef strips. Based on the meal pattern chart, I need at least a ½ cup. When I review the grain resources on the [Meal Pattern Requirements Webpage](#), I can see that ½ cup cooked rice is 1 oz eq.

I'm going to offer 1 cup since more food is recommended for these older age groups! We will also be matching the NSLP meal pattern when crediting rice based on our grain resources above. This means I'm serving 2 oz eq of rice to go with my Beef Teriyaki.

If you aren't sure how to credit a grain into ounce equivalents, please review the following resources: [How to Credit Grains](#) and [Exhibit A from the Food Buying Guide](#).

MONDAY

Entrée:
Beef Teriyaki: 4 each =
2 oz meat/meat alternate

1 cup brown rice=
2 oz eq grain

Planning the Supper Menu

Planning the Fruit

Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(in at-risk meal programs and emergency shelters)</small>
Fruits ^{3,7}	½ cup	¼ cup	¼ cup	¼ cup

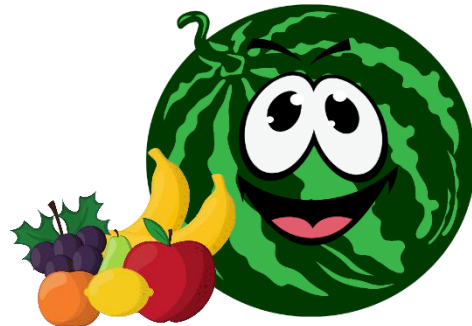
Now let's look at the fruit component.

According to the meal pattern chart, I need to offer at least
¼ cup.

Although it is not mentioned on the chart, remember that fruit can be **fresh, canned, dried, or pasteurized full strength juice.**

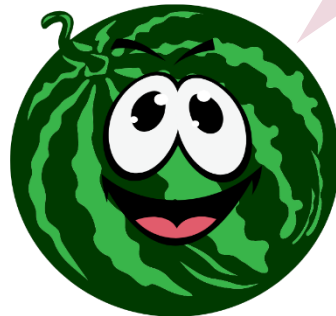
If I serve dried fruit, it credits as twice the volume. This means ¼ cup of dried fruit served will count as ½ cup of fruit being offered.

Do not forget the footnote requirements of the meal pattern that are listed on slide 16. As you can see, the fruit component is referenced in footnotes 6 and 7. Since juice can only be used to fill the fruit or vegetable component once per day under the CACFP meal pattern, I'm going to limit my juice offering when operating At-Risk meal services using the CACFP meal pattern.



Planning the Supper Menu

Planning the Fruit



Let's add fruit to our menu for Monday. I think mandarin oranges go well with teriyaki, so let's plan 1 cup for Monday's fruit!

MONDAY

Entrée:

Beef Teriyaki: 4 each =

2 oz meat/meat alternate

1 cup brown rice=

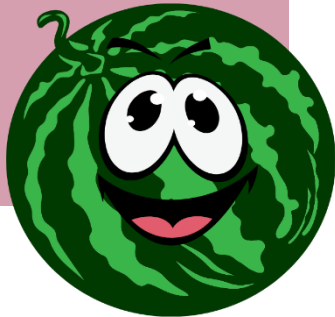
2 oz eq grain

Fruit:

1 cup mandarin oranges

1 cup fruit

Planning the Supper Menu



Planning the Vegetable

Food Components and Food Items ^a	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ^c <small>with kitchen school programs and a more generous serving size</small>
Vegetables ^b	½ cup	¾ cup	½ cup	½ cup

The vegetable component has requirements for daily amounts.

According to this chart, I need to plan at least a ½ cup vegetable for the day. As menu planners, we understand the importance of the variety and serving size of vegetables.

Let's do our best to build a menu with a rainbow assortment of vegetables and a more generous serving size than a ½ cup!

Comprehension Check

True or False: A supper menu can plan baked French fries as the only vegetable every day, as long as the daily vegetable requirement is met.

- A. True
- B. False: French fries are not an allowable vegetable at lunch or supper.
- C. False: The weekly menu needs to have a variety of vegetables planned to meet the subgroup requirements.



Comprehension Check

True or False: A supper menu can plan baked French fries as the only vegetable every day, as long as the daily vegetable requirement is met.

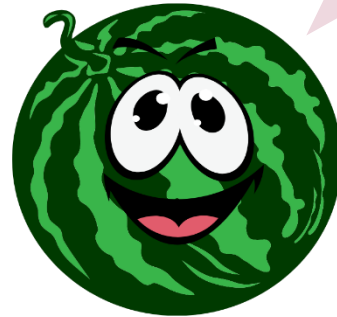
- A. True**
- B. False: French fries are not an allowable vegetable at lunch or supper.**
- C. False: The weekly menu needs to have a variety of vegetables planned to meet the subgroup requirements.**

This is true and baked French fries are allowable to be served! However, this would be frowned upon in terms of menu planning. There is no vegetable subgroup requirement in the CACFP meal pattern at this time, but we are still taking variety into consideration when planning our daily vegetable servings.



Planning the Supper Menu

Planning the Vegetable



Let's add vegetables to our menu for Monday.

I think steamed broccoli goes well with Beef Teriyaki and rice, so I'll plan that!

MONDAY

Entrée:
Beef Teriyaki: 4 each =
2 oz meat/meat alternate

1 cup brown rice=
2 oz eq grain

Fruit:
1 cup mandarin oranges
1 cup fruit

Vegetable:
1 cup steamed broccoli
1 cup vegetable

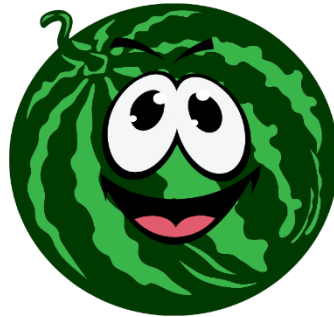
Planning the Supper Menu

Planning the Milk

Food Components and Food Items ^a	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ^c <small>(with kitchen school programs and a minimum of 1 year of study)</small>
Fluid Milk ^b	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces

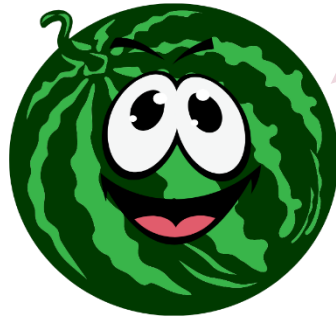
Finally, let's look at the milk component. According to this chart, I need to offer at least **8 fluid oz (or 1 cup) of milk every day.**

Remember that this component must be unflavored whole milk for children that are one year of age. For the age group we are planning for (13-18), milk must be low-fat unflavored, fat-free unflavored, or fat-free flavored.



Planning the Supper Menu

Planning the Milk



Now let's add our choice of milk to our menu!

Even though I'm not required to offer two varieties of milk, I'm going to anyways!

I'll add 1 cup fat-free unflavored milk and 1 cup fat-free chocolate milk.

MONDAY

Entrée:

Beef Teriyaki: 4 each =

2 oz meat/meat alternate

1 cup brown rice=

2 oz eq grains

Fruit:

1 cup mandarin oranges

1 cup fruit

Vegetable:

1 cup steamed broccoli

1 cup vegetable

Milk:

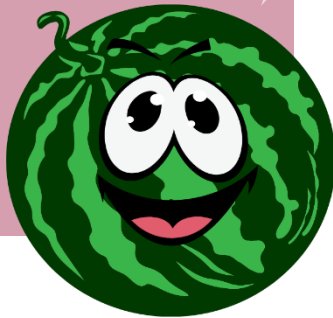
1 cup fat-free unflavored

1 cup fat-free chocolate

1 cup milk

Daily Requirements Review

Daily Requirements Review



Here's our menu for Monday. Did we offer enough of each component on this day for the Ages 13-18 meal pattern?

Let's review!

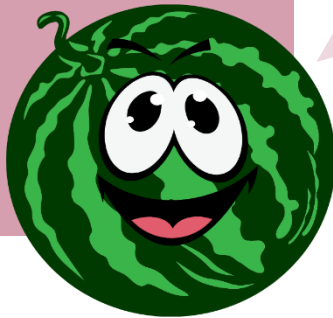
Meeting the Daily Requirements

MONDAY
Entrée: Beef Teriyaki: 4 each = 2 oz meat/meat alternate
1 cup brown rice= 2 oz eq grain
Fruit: 1 cup mandarin oranges 1 cup fruit
Vegetable: 1 cup steamed broccoli 1 cup vegetable
Milk: 1 cup fat-free unflavored 1 cup fat-free chocolate 1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at risk for nutritional problems and emergency shelters)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup



Daily Requirements Review



1 cup grain
or 2 oz eq

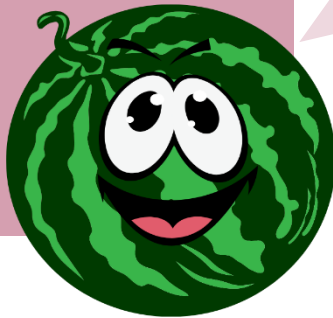
Meeting the Daily Requirements: Grains

MONDAY
Entrée: Beef Teriyaki: 4 each = 2 oz meat/meat alternate
1 cup brown rice= 2 oz eq grain
Fruit: 1 cup mandarin oranges 1 cup fruit
Vegetable: 1 cup steamed broccoli 1 cup vegetable
Milk: 1 cup fat-free unflavored 1 cup fat-free chocolate 1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at risk of chronic health conditions and emergency shelter)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Continue

Daily Requirements Review



2 oz eq meat/meat alternate

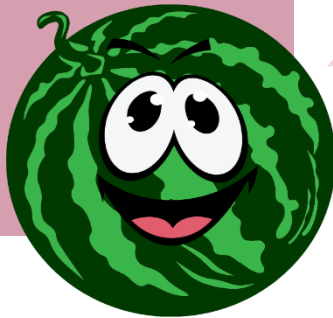
Meeting the Daily Requirements: Meat/Meat Alternate

MONDAY
<p>Entrée: Beef Teriyaki: 4 each = 2 oz meat/meat alternate</p> <p>1 cup brown rice = 2 oz eq grain</p>
<p>Fruit: 1 cup mandarin oranges 1 cup fruit</p>
<p>Vegetable: 1 cup steamed broccoli 1 cup vegetable</p>
<p>Milk: 1 cup fat-free unflavored 1 cup fat-free chocolate 1 cup milk</p>

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(in a kitchen, school programs, and emergency shelters)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces ✓
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup ✓

Continue

Daily Requirements Review



1 cup fruit

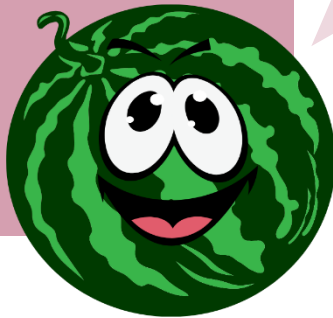
Meeting the Daily Requirements: Fruit

MONDAY
<p>Entrée: Beef Teriyaki: 4 each = 2 oz meat/meat alternate</p> <p>1 cup brown rice= 2 oz eq grain</p> <p>Fruit: 1 cup mandarin oranges 1 cup fruit</p> <p>Vegetable: 1 cup steamed broccoli 1 cup vegetable</p> <p>Milk: 1 cup fat-free unflavored 1 cup fat-free chocolate 1 cup milk</p>

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at risk for nutritional problems and emergency shelter)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces ✓
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup ✓
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup ✓
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup ✓



Daily Requirements Review



1 cup vegetable

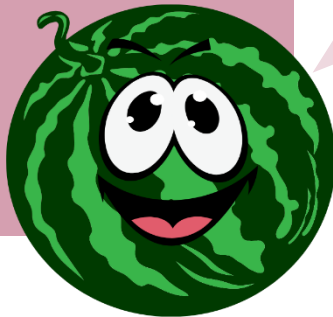
Meeting the Daily Requirements: Vegetable

MONDAY
<p>Entrée: Beef Teriyaki: 4 each = 2 oz meat/meat alternate</p> <p>1 cup brown rice= 2 oz eq grain</p> <p>Fruit: 1 cup mandarin oranges 1 cup fruit</p> <p>Vegetable: 1 cup steamed broccoli 1 cup vegetable</p> <p>Milk: 1 cup fat-free unflavored 1 cup fat-free chocolate 1 cup milk</p>

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at risk of hunger, school programs, and emergency shelters)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces ✓
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup ✓
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup ✓
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup ✓

Continue

Daily Requirements Review



1 cup of milk

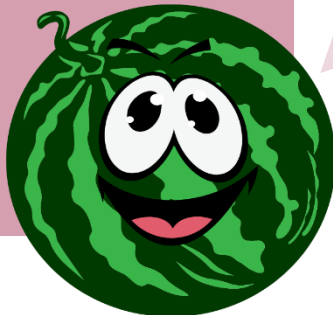
Meeting the Daily Requirements: Milk

MONDAY
Entrée: Beef Teriyaki: 4 each = 2 oz meat/meat alternate
1 cup brown rice= 2 oz eq grain
Fruit: 1 cup mandarin oranges 1 cup fruit
Vegetable: 1 cup steamed broccoli 1 cup vegetable
Milk: 1 cup fat-free unflavored 1 cup fat-free chocolate 1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>in a kitchen school program and a meal meeting</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Continue

Daily Requirements Review



It looks like we have all our components planned for Monday's Supper!

Meeting the Daily Requirements: Monday

MONDAY
Entrée: Beef Teriyaki: 4 each = 2 oz meat/meat alternate
1 cup brown rice= 2 oz eq grain
Fruit: 1 cup mandarin oranges 1 cup fruit
Vegetable: 1 cup steamed broccoli 1 cup vegetable
Milk: 1 cup fat-free unflavored 1 cup fat-free chocolate 1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ²
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
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Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Continue

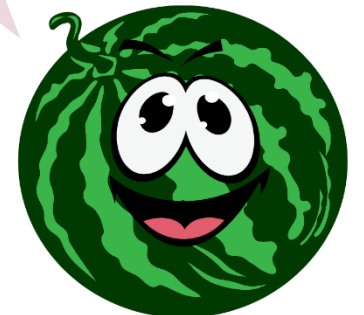
Daily Requirements Review

Menu Planner: Monday

	Monday
Grains:	Brown Rice Serving Size: 1 cup = 2 oz eq
Meat/Meat Alternate:	Beef Teriyaki Serving Size: 4 beef strips = 2 oz
Fruit:	Mandarin Oranges Serving Size: 1 cup
Vegetable:	Steamed Broccoli Serving Size: 1 cup
Milk:	FF Unflavored FF Chocolate Serving Size: 1 cup

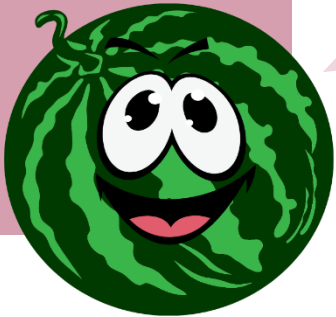
If we use the At-Risk Lunch and Supper Menu Planner (CACFP Meal Pattern) to help plan each day, Monday should look like this.

Notice how we list the food name in the top of the box, then fill in the serving size and crediting at the bottom.



Completing the Weekly Menu

Completing the Weekly Menu



Planning the Entrée

Let's plan our menu for Tuesday!

I'm going to plan a scratch-made Turkey and Cheese Enchilada.

This means I have planned 2 components together in the entrée: the grain and the meat/meat alternate.

TUESDAY

Entrée:
Turkey and Cheese Enchilada

Completing the Weekly Menu



Planning the Entrée

I used my recipe, CN Labels, Nutrition Facts Label and Exhibit A to determine that this Turkey and Cheese Enchilada will credit as:

1 oz eq of grain (tortilla), and 1 oz meat/meat alternate (ground turkey and cheese).

To meet the minimum requirement, 1 serving of grain must be offered. According to our Nutrition Facts Label, 1 serving is one tortilla. According to the Food Buying Guide, this credits as 2 oz eq.

I'm going to menu two Turkey and Cheese Enchiladas rather than just one since we are creating a menu based on the older age groups. We want to make sure we are sending children home with a full stomach!

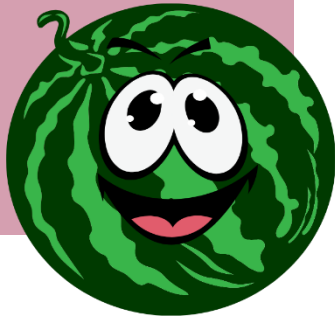
TUESDAY

Entrée:

Turkey and Cheese Enchilada:
2 each =

2 oz eq grain
2 oz meat/meat alternate

Completing the Weekly Menu



Planning the Fruit

Let's also plan our fruit.

I think a fruit salad will go great with Turkey and Cheese Enchiladas!

Let's plan a 1 cup fruit salad with all fresh fruit ingredients!

TUESDAY

Entrée:

Turkey and Cheese Enchilada:

2 each =

2 oz eq grain

2 oz meat/meat alternate

Fruit:

fruit salad

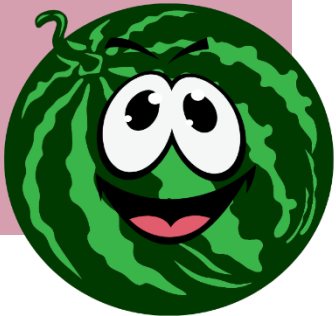
¼ cup watermelon

¼ cup pineapple

½ cup strawberries

1 cup fruit

Completing the Weekly Menu



Planning the Vegetable

Now for those vegetables, refried beans would really compliment this Mexican style meal!

I'm going to serve refried beans on the side with a pinch of shredded cheese over of the top. Remember the smallest amount of a component to count towards the meal pattern is $\frac{1}{8}$ of a cup and my small pinch of cheese won't equal up to that, so there's no need to include this when crediting towards the Meal Pattern!

It's also important to remember that all legumes can count towards either component: vegetable or meat/meat alternate. In this scenario, we are contributing our refried beans to the vegetable component since we already have turkey and cheese as our meat/meat alternate component on the menu. We only need $\frac{1}{2}$ cup of beans to fulfill the minimum amount of vegetable, but I want to serve at least $\frac{3}{4}$ cup of beans. Let's add that!

TUESDAY

Entrée:

Turkey and Cheese Enchilada:
2 each =

2 oz eq grain

2 oz meat/meat alternate

Fruit:

fruit salad

$\frac{1}{4}$ cup watermelon

$\frac{1}{4}$ cup pineapple

$\frac{1}{2}$ cup strawberries

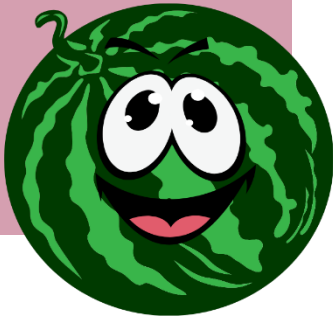
1 cup fruit

Vegetable:

refried beans

$\frac{3}{4}$ cup vegetable

Completing the Weekly Menu



Planning the Milk

Oh..... We can't forget the milk!

Let's plan 1 cup fat-free plain and 1 cup fat-free chocolate milk for Tuesday too.

TUESDAY

Entrée:

Turkey and Cheese Enchilada:

2 each =

2 oz eq grain

2 oz meat/meat alternate

Fruit:

fruit salad

$\frac{1}{4}$ cup watermelon

$\frac{1}{4}$ cup pineapple

$\frac{1}{2}$ cup strawberries

1 cup fruit

Vegetable:

refried beans

$\frac{3}{4}$ cup vegetable

Milk:

1 cup fat-free unflavored

1 cup fat-free chocolate

1 cup milk

Comprehension Check

True or False: Pinto beans on a tostada can be planned and counted as the vegetable and the meat/meat alternate for that day.

- A. True.
- B. False. Pinto beans are not a creditable vegetable in the meal pattern.
- C. False. Pinto beans are not a creditable meat/meat alternate in the meal pattern.
- D. False. Beans can be either the vegetable for the day OR the meat/meat alternate, but they cannot count as both components on the same day.



Comprehension Check

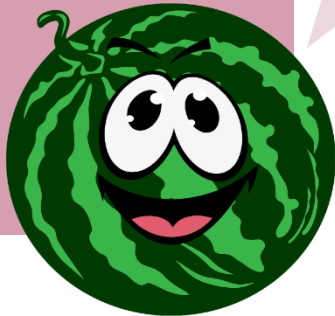
True or False: Pinto beans on a tostada can be planned and counted as the vegetable and the meat/meat alternate for that day.

- A. True.
- B. False. Pinto beans are not a creditable vegetable in the meal pattern.
- C. False. Pinto beans are not a creditable meat/meat alternate in the meal pattern.
- D. False. Beans can be either the vegetable for the day OR the meat/meat alternate, but they cannot count as both components on the same day.**

The menu planner can choose if the beans will be counted towards the vegetable component or towards the meat/meat alternate component. However, the planner must decide which it will count towards and plan the rest of the menu accordingly.



Completing the Weekly Menu



Did we offer enough of each component for ages 13–18 for the day?

Let's review!

Meeting the Daily Requirements

TUESDAY

Entrée:

Turkey and Cheese Enchilada:
2 each =

2 oz eq grain

2 oz meat/meat alternate

Fruit:

fruit salad

¼ cup watermelon

¼ cup pineapple

½ cup strawberries

1 cup fruit

Vegetable:

refried beans

¾ cup vegetable

Milk:

1 cup fat-free unflavored

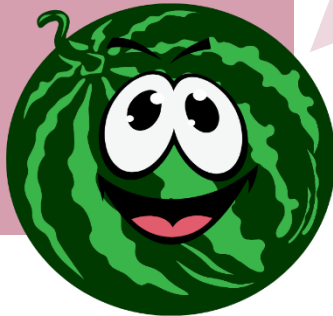
1 cup fat-free chocolate

1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at risk for nutritional problems and emergency shelter)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Continue

Completing the Weekly Menu



2 each or 2 oz
eq grains

Meeting the Daily Requirements: Grains

TUESDAY

Entrée:
Turkey and Cheese Enchilada:
2 each =
2 oz eq grain
2 oz meat/meat alternate

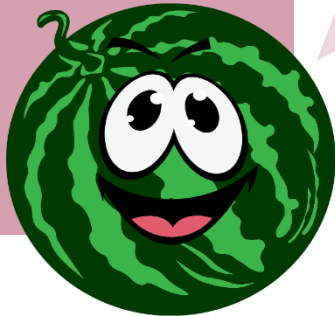
Fruit:
fruit salad
¼ cup watermelon
¼ cup pineapple
½ cup strawberries
1 cup fruit

Vegetable:
refried beans
¾ cup vegetable

Milk:
1 cup fat-free unflavored
1 cup fat-free chocolate
1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at risk for nutritional problems and emergency situations)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving ✓
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Completing the Weekly Menu



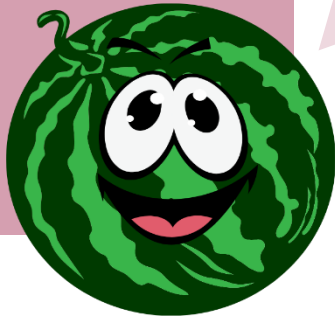
2 each or 2 oz
eq meat/meat
alternate

Meeting the Daily Requirements: Meat/Meat Alternate

TUESDAY
Entrée: Turkey and Cheese Enchilada: 2 each = 2 oz eq grain 2 oz meat/meat alternate
Fruit: fruit salad ¼ cup watermelon ¼ cup pineapple ½ cup strawberries 1 cup fruit
Vegetable: refried beans ¾ cup vegetable
Milk: 1 cup fat-free unflavored 1 cup fat-free chocolate 1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>in the kitchen school programs and emergency shelters</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces ✓
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces ✓
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving ✓
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Completing the Weekly Menu



Meeting the Daily Requirements: Fruit

TUESDAY

Entrée:

Turkey and Cheese Enchilada:
2 each =

2 oz eq grain
2 oz meat/meat alternate

Fruit:

fruit salad
¼ cup watermelon
¼ cup pineapple
½ cup strawberries
1 cup fruit

Vegetable:

refried beans
¾ cup vegetable

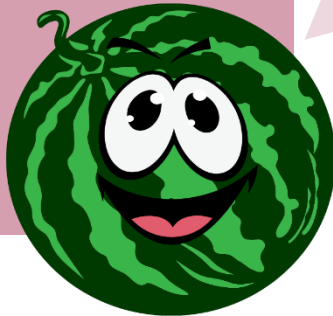
Milk:

1 cup fat-free unflavored
1 cup fat-free chocolate
1 cup milk

1 cup fruit

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at risk for nutritional problems and emergency situations)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Completing the Weekly Menu



¾ cup vegetable

Meeting the Daily Requirements: Vegetable

TUESDAY

Entrée:
Turkey and Cheese Enchilada:
2 each =
2 oz eq grain
2 oz meat/meat alternate

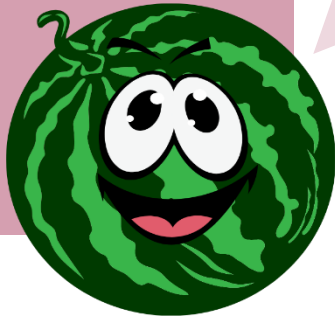
Fruit:
fruit salad
¼ cup watermelon
¼ cup pineapple
½ cup strawberries
1 cup fruit

Vegetable:
refried beans
¾ cup vegetable

Milk:
1 cup fat-free unflavored
1 cup fat-free chocolate
1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at risk for nutritional problems and emergency situations)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces ✓
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces ✓
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup ✓
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup ✓
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving ✓
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Completing the Weekly Menu



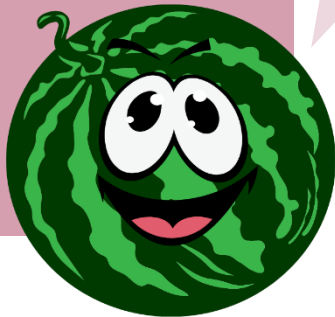
And we can't forget the milk!

Meeting the Daily Requirements: Milk

TUESDAY
<p>Entrée: Turkey and Cheese Enchilada: 2 each =</p> <p>2 oz eq grain 2 oz meat/meat alternate</p>
<p>Fruit: fruit salad ¼ cup watermelon ¼ cup pineapple ½ cup strawberries</p> <p>1 cup fruit</p>
<p>Vegetable: refried beans</p> <p>¾ cup vegetable</p>
<p>Milk: 1 cup fat-free unflavored 1 cup fat-free chocolate</p> <p>1 cup milk</p>

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>in a reimbursable meal</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
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Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Completing the Weekly Menu



Looks like the suppers I planned for Monday and Tuesday both meet the daily requirements of the meal pattern!

Let's see how this should look when we use the menu planner tool!

Meeting the Daily Requirements: Tuesday

TUESDAY

Entrée:
Turkey and Cheese Enchilada:
2 each =
2 oz eq grain
2 oz meat/meat alternate

Fruit:
fruit salad
¼ cup watermelon
¼ cup pineapple
½ cup strawberries
1 cup fruit

Vegetable:
refried beans
¾ cup vegetable

Milk:
1 cup fat-free unflavored
1 cup fat-free chocolate
1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>for all school programs and emergency feeding</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Completing the Weekly Menu

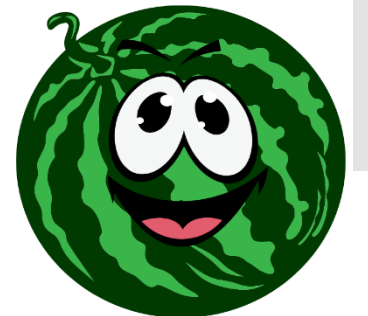
Menu Planner: Tuesday

	Monday	Tuesday
Grains:	Brown Rice Serving Size: 1 cup = 2 oz eq	Tortilla (in enchilada) Serving Size: 2 each = 2 oz eq
Meat/Meat Alternate:	Beef Teriyaki Serving Size: 4 beef strips = 2 oz	Turkey and Cheese (in enchilada) Serving Size: 2 each = 2 oz
Fruit:	Mandarin Oranges Serving Size: 1 cup	Fruit Salad Serving Size: 1 cup
Vegetable:	Broccoli Serving Size: 1 cup	Refried Beans Serving Size: ¾ cup
Milk:	FF Unflavored FF Chocolate Serving Size: 1 cup	FF Unflavored FF Chocolate Serving Size: 1 cup

Let's fill in Tuesday on our menu planner.

Notice how we list the food name in the top of the box, then fill in the serving size and crediting at the bottom.

If you haven't already started using this menu planner, try using it as we go through Wednesday's meal.



Completing the Weekly Menu



Planning the Entrée

For Wednesday, I want to plan a meat/meat alternate I haven't incorporated yet!

I'm going to serve fish and chips! This will provide: grain from the breading, meat/meat alternate from the fish, and vegetable from the "chips" (fries).

I will need to refer to the recipe, Nutrition Facts Label, Exhibit A from the Food Buying Guide, a CN Label, or a Product Formulation Statement to determine how my fish sticks credit towards the meal pattern.

According to my CN Label, two fish sticks contributes 1 oz eq of M/MA and .5 oz eq of grain. Since we need 1 serving of grains and 2 oz of meat/meat alternate, I am going to menu four fish sticks and add a 1 oz whole grain dinner roll. According to Exhibit A in the Food Buying Guide, 1 oz roll contributes to 1 oz eq of grain on our menu.

WEDNESDAY

Entrée:

Fish Sticks- 4 each

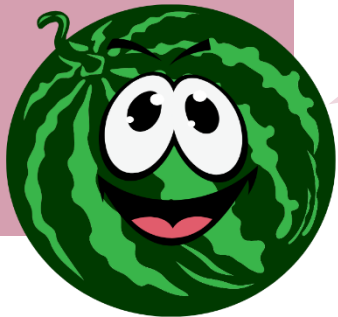
1 oz eq grain

2 oz meat/meat alternate

1 oz whole-grain dinner roll =

1 oz eq grain

Completing the Weekly Menu



Planning the Fruit

I'm also going to add some fruit.
I think apple slices will go well with Fish and Chips, and they add some nice color to the meal!

Let's add 1 cup of apples to the menu.

WEDNESDAY

Entrée:

Fish Sticks- 4 each

1 oz eq grain

2 oz meat/meat alternate

1 oz whole-grain dinner roll =

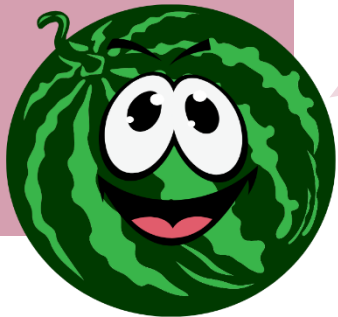
1 oz eq grain

Fruit:

apple slices

1 cup fruit

Completing the Weekly Menu



Planning the Vegetable

Now it's time to add those "chips" or baked French fries to our menu.

This component will really pull our meal together for the day!

WEDNESDAY

Entrée:

Fish Sticks- 4 each

1 oz eq grain

2 oz meat/meat alternate

1 oz whole-grain dinner roll =

1 oz eq grain

Fruit:

apple slices

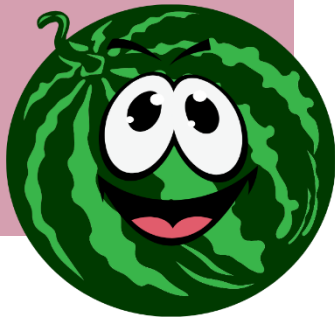
1 cup fruit

Vegetable:

French fries

1 cup vegetable

Completing the Weekly Menu



Last but not least, we'll plan our milk!

Planning the Milk

WEDNESDAY

Entrée:

Fish Sticks- 4 each

1 oz eq grain

2 oz meat/meat alternate

1 oz whole-grain dinner roll =

1 oz eq grain

Fruit:

apple slices

1 cup fruit

Vegetable:

French fries

1 cup vegetable

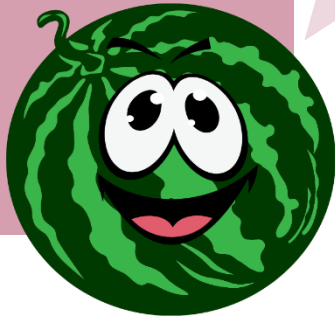
Milk:

1 cup fat-free unflavored

1 cup fat-free chocolate

1 cup milk

Completing the Weekly Menu



Did we offer enough of each component for ages 13–18 for the day?

Let's review!

Meeting the Daily Requirements

WEDNESDAY

Entrée:
Fish Sticks- 4 each
1 oz eq grain
2 oz meat/meat alternate

1 oz whole-grain dinner roll =
1 oz eq grain

Fruit:
apple slices
1 cup fruit

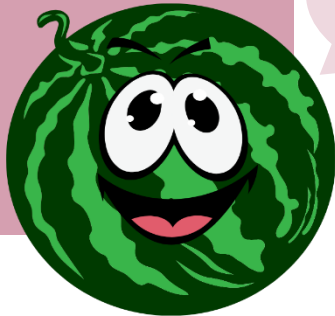
Vegetable:
French fries
1 cup vegetable

Milk:
1 cup fat-free unflavored
1 cup fat-free chocolate
1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>in a kitchen school program and a meal program</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Continue

Completing the Weekly Menu



2 oz eq grains...

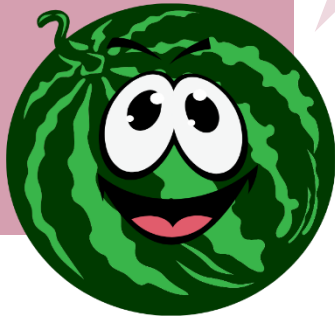
Check!

Meeting the Daily Requirements: Grains

WEDNESDAY
Entrée: Fish Sticks- 4 each 1 oz eq grain 2 oz meat/meat alternate 1 oz whole-grain dinner roll = 1 oz eq grain
Fruit: apple slices 1 cup fruit
Vegetable: French fries 1 cup vegetable
Milk: 1 cup fat-free unflavored 1 cup fat-free chocolate 1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at risk for nutritional problems and emergency situations)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Completing the Weekly Menu



2 oz
meat/meat
alternate...

Check!

Meeting the Daily Requirements: Meat/Meat Alternate

WEDNESDAY

Entrée:
Fish Sticks- 4 each
1 oz eq grain
2 oz meat/meat alternate

1 oz whole-grain dinner roll =
1 oz eq grain

Fruit:
apple slices

1 cup fruit

Vegetable:
French fries

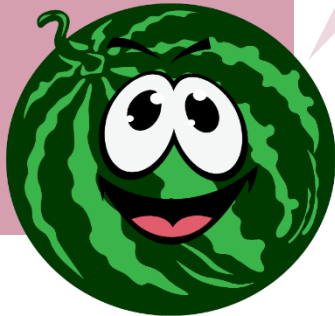
1 cup vegetable

Milk:
1 cup fat-free unflavored
1 cup fat-free chocolate

1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>in a kitchen, school program, and emergency shelter</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Completing the Weekly Menu



1 cup fruit...

Yes! That's plenty!

→ 1 cup fruit

Vegetable:
French fries

1 cup vegetable

Milk:
1 cup fat-free unflavored
1 cup fat-free chocolate

1 cup milk

Meeting the Daily Requirements: Fruit

WEDNESDAY

Entrée:
Fish Sticks- 4 each
1 oz eq grain
2 oz meat/meat alternate

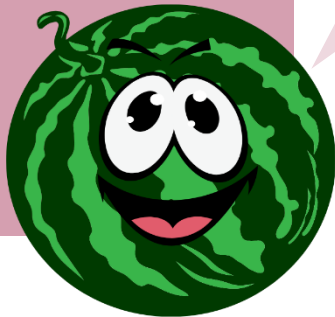
1 oz whole-grain dinner roll =
1 oz eq grain

Fruit:
apple slices

Vegetable:
French fries

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>in a kitchen school program and a meal on site</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Completing the Weekly Menu



1 cup
vegetable...
Check!

1 cup vegetable

Milk:
1 cup fat-free unflavored
1 cup fat-free chocolate

1 cup milk

Meeting the Daily Requirements: Vegetable

WEDNESDAY

Entrée:
Fish Sticks- 4 each
1 oz eq grain
2 oz meat/meat alternate

1 oz whole-grain dinner roll =
1 oz eq grain

Fruit:
apple slices

1 cup fruit

Vegetable:
French fries

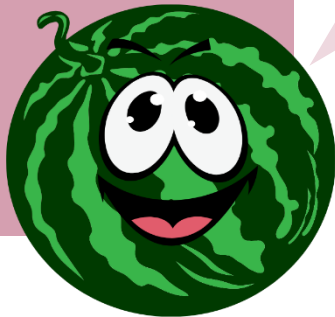
1 cup vegetable

Milk:
1 cup fat-free unflavored
1 cup fat-free chocolate

1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(for all reimbursable meals and emergency meals)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Completing the Weekly Menu



1 cup of milk
We can check that too!

Meeting the Daily Requirements: Milk

WEDNESDAY

Entrée:
Fish Sticks- 4 each
1 oz eq grain
2 oz meat/meat alternate

1 oz whole-grain dinner roll =
1 oz eq grain

Fruit:
apple slices

1 cup fruit

Vegetable:
French fries

1 cup vegetable

Milk:
1 cup fat-free unflavored
1 cup fat-free chocolate

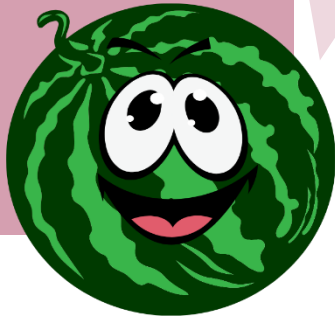
1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at risk for malnutrition and emergency food needs)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces ✓
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces ✓
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces ✓
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces ✓
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup ✓
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup ✓
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice ✓
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving ✓
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup ✓

Completing the Weekly Menu

Looks like the suppers I planned for ages 13–18 for Monday, Tuesday, and Wednesday all meet the meal pattern's daily requirements!

Let's look at our filled in menu planner tool.



Meeting the Daily Requirements: Wednesday

WEDNESDAY

Entrée:

Fish Sticks- 4 each

1 oz eq grain

2 oz meat/meat alternate

1 oz whole-grain dinner roll =

1 oz eq grain

Fruit:

apple slices

1 cup fruit

Vegetable:

French fries

1 cup vegetable

Milk:

1 cup fat-free unflavored

1 cup fat-free chocolate

1 cup milk

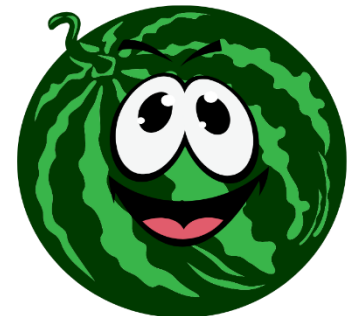
Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at risk for school problems and emergency situations)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Completing the Weekly Menu

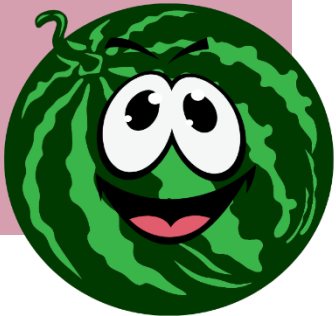
Menu Planner: Wednesday

	Monday	Tuesday	Wednesday
Grains:	Brown Rice Serving Size: 1 cup = 2 oz eq	Tortilla (in enchilada) Serving Size: 2 each = 2 oz eq	Breading on Fish Serving Size: 1 oz eq Dinner Roll Serving Size: 1 oz eq
Meat/Meat Alternate:	Beef Teriyaki Serving Size: 4 beef strips = 2 oz	Turkey and Cheese (in enchilada) Serving Size: 2 each = 2 oz	Fish Sticks Serving Size: 4 each = 2 oz
Fruit:	Mandarin Oranges Serving Size: 1 cup	Fruit Salad Serving Size: 1 cup	Apple Slices Serving Size: 1 cup
Vegetable:	Broccoli Serving Size: 1 cup	Refried Beans Serving Size: ¾ cup	French Fries Serving Size 1 cup
Milk:	FF Unflavored FF Chocolate Serving Size: 1 cup	FF Unflavored FF Chocolate Serving Size: 1 cup	FF Unflavored FF Chocolate Serving Size: 1 cup

Does your menu planner look like this?



Completing the Weekly Menu



Planning the Entrée

Chicken Parmesan sounds like a great Italian dish! This combination item will contribute to the grain component from the breading and pasta, and will contribute to the meat/meat alternate component from the chicken.

According to my CN Label, one breaded chicken breast patty contributes 2 oz of meat and .75 oz eq of grain. On top of the chicken we are going to add our parmesan cheese which will add on another .25 oz of meat/meat alternate.

Now let's add our pasta! According to Exhibit A in the Food Buying Guide, 1 oz eq = $\frac{1}{2}$ cup cooked pasta. I'm going to serve $\frac{3}{4}$ cup cooked pasta with our chicken to ensure we are offering enough food to these older children.

THURSDAY

Entrée:

Chicken Parmesan - 1 each

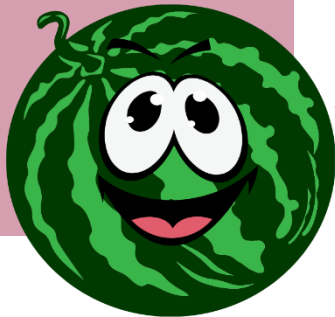
.75 oz eq grain

2.25 oz meat/meat alternate

pasta

1.5 oz eq grain

Completing the Weekly Menu



Planning the Fruit

I'm also going to add some fruit. I think fresh red grapes will go well with our Italian themed dish!

Let's add 1 cup of fresh red grapes.

THURSDAY

Entrée:

Chicken Parmesan - 1 each

.75 oz eq grain

2.25 oz meat/meat alternate

pasta

1.5 oz eq grain

Fruit:

fresh red grapes

1 cup fruit

Completing the Weekly Menu



Planning the Vegetable

For the vegetable, I'm going to serve a Caesar salad.
This will be a great addition to Thursday's menu!

In this Caesar salad I'm going to include 1 cup of romaine lettuce for the salad and a $\frac{1}{4}$ cup tomato. Raw, leafy greens credit as half the volume served. In this case, our 1 cup of romaine lettuce would credit as $\frac{1}{2}$ cup.

I will also be including the salad dressing, a pinch of parmesan cheese and three croutons per salad. Since the dressing is an extra and the other items won't equal up to $\frac{1}{8}$ cup on their own, these won't contribute to our meal pattern.

Before we continue, we need to remember to add our marinara sauce to our entrée! Since marinara sauce is considered a vegetable, we will menu it now! Between all these items, we will be offering 1 cup vegetable on Thursday.

THURSDAY

Entrée:

Chicken Parmesan - 1 each

.75 oz eq grain

2.25 oz meat/meat alternate

pasta

1.5 oz eq grain

$\frac{1}{4}$ cup vegetable (sauce)

Fruit:

fresh red grapes

1 cup fruit

Vegetable:

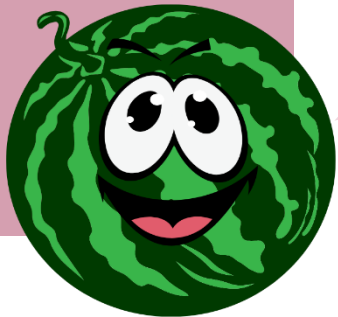
romaine lettuce

$\frac{1}{2}$ cup vegetable

tomato

$\frac{1}{4}$ cup vegetable

Completing the Weekly Menu



Planning the Milk

Last but not least, we'll plan our milk!

Remember we need 1 cup.

THURSDAY

Entrée:

Chicken Parmesan - 1 each

.75 oz eq grain

2.25 oz meat/meat alternate

pasta

1.5 oz eq grain

¼ cup vegetable (sauce)

Fruit:

fresh red grapes

1 cup fruit

Vegetable:

romaine lettuce

½ cup vegetable

tomato

¼ cup vegetable

Milk:

1 cup fat-free unflavored

1 cup fat-free chocolate

1 cup milk

Comprehension Check

In the previous example, the menu planner incorporated some of the vegetable requirement in the entrée. Can a vegetable be planned in an entrée and still credit towards the vegetable requirement? If so, does the amount of vegetable in the entrée matter?

- A. Yes. The menu planner can serve a combination of vegetables to meet the daily vegetable requirement as long as each vegetable credits as at least 1/8 cup.
- B. No. The menu planner cannot serve vegetables in entrées.
- C. Yes. Any amount of vegetable in the meal can count, even 1 tablespoon of chives.
- D. No. The menu planner would need to plan more tomato sauce. In order to plan multiple vegetables, each vegetable must credit as at least 1/2 cup.



Comprehension Check

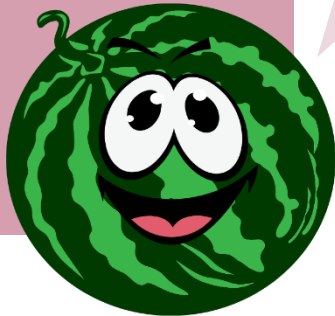
In the previous example, the menu planner incorporated some of the vegetable requirement in the entrée. Can a vegetable be planned in an entrée and still credit towards the vegetable requirement? If so, does the amount of vegetable in the entrée matter?

- A. Yes. The menu planner can serve a combination of vegetables to meet the daily vegetable requirement as long as each vegetable credits as at least $\frac{1}{8}$ cup.
- B. No. The menu planner cannot serve vegetables in entrées.
- C. Yes. Any amount of vegetable in the meal can count, even 1 tablespoon of chives.
- D. No. The menu planner would need to plan more tomato sauce. In order to plan multiple vegetables, each vegetable must credit as at least $\frac{1}{2}$ cup.

The minimum amount that can credit towards the vegetable requirement is $\frac{1}{8}$ cup.



Completing the Weekly Menu



Did we offer enough of each component for ages 13–18 for the day?

Let's review!

Meeting the Daily Requirements

THURSDAY

Entrée:

Chicken Parmesan - 1 each

.75 oz eq grain

2.25 oz eq meat/meat alternate

pasta

1.5 oz eq grain

¼ cup vegetable (sauce)

Fruit:

fresh red grapes

1 cup fruit

Vegetable:

romaine lettuce

½ cup vegetable

tomato

¼ cup vegetable

Milk:

1 cup fat-free unflavored

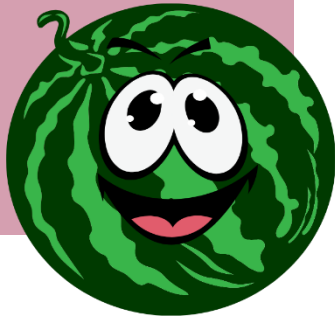
1 cup fat-free chocolate

1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at risk for nutritional problems and emergency situations)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Continue

Completing the Weekly Menu



2.25 oz eq grains...
Check!

Meeting the Daily Requirements: Grains

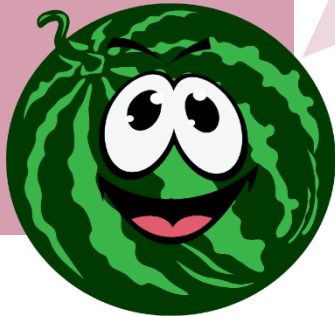
THURSDAY

Entrée:
Chicken Parmesan - 1 each
0.75 oz eq grain
2.25 oz meat/meat alternate
pasta
1.5 oz eq grain
1/4 cup vegetable (sauce)
Fruit:
fresh red grapes
1 cup fruit
Vegetable:
romaine lettuce
1/2 cup vegetable
tomato
1/4 cup vegetable
Milk:
1 cup fat-free unflavored
1 cup fat-free chocolate
1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at risk for nutritional problems and emergency situations)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 1/2 ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 1/2 ounce	2 ounces	2 ounces
Cheese	1 ounce	1 1/2 ounce	2 ounces	2 ounces
Large egg	1/2	3/4	1	1
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup	1/2 cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or 1/2 cup	6 ounces or 3/4 cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	1/2 ounce = 50%	3/4 ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	1/2 cup	1/4 cup	1/2 cup	1/2 cup
Fruits^{6,7}	1/2 cup	1/4 cup	1/2 cup	1/4 cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	1/2 slice	1/2 slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	1/2 serving	1/2 serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	1/2 cup

Continue

Completing the Weekly Menu



1 each or 2.25
oz meat/meat
alternate
Check!

Meeting the Daily Requirements: Meat/Meat Alternate

THURSDAY

Entrée:
Chicken Parmesan - 1 each
.75 oz eq grain
2.25 oz meat/meat alternate

pasta
1.5 oz eq grain
¼ cup vegetable (sauce)

Fruit:
fresh red grapes
1 cup fruit

Vegetable:
romaine lettuce
½ cup vegetable
tomato
¼ cup vegetable

Milk:
1 cup fat-free unflavored
1 cup fat-free chocolate
1 cup milk

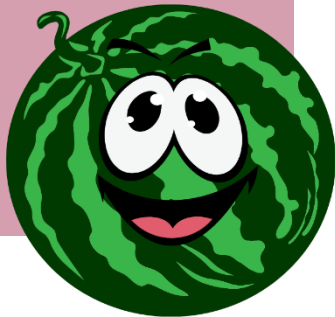
Lunch and Supper

(Select all five components for a reimbursable meal)

Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(in a kitchen school program and emergency shelter)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces ✓
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice ✓
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving ✓
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Continue

Completing the Weekly Menu



1 cup fruit
Check!

Meeting the Daily Requirements: Fruit

THURSDAY

Entrée:
Chicken Parmesan - 1 each
.75 oz eq grain
2.25 oz meat/meat alternate

pasta
1.5 oz eq grain
¼ cup vegetable (sauce)

Fruit:
fresh red grapes
1 cup fruit

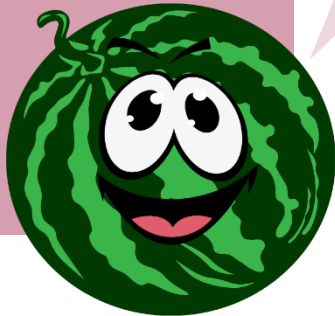
Vegetable:
romaine lettuce
½ cup vegetable
tomato
¼ cup vegetable

Milk:
1 cup fat-free unflavored
1 cup fat-free chocolate
1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at risk for malnutrition, obesity, and other health issues)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Continue

Completing the Weekly Menu



At least ½ cup vegetable total...
I planned 1 cup!
Check!

Meeting the Daily Requirements: Vegetable

THURSDAY

Entrée:
Chicken Parmesan - 1 each
.75 oz eq grain
2.25 oz meat/meat alternate

pasta
1.5 oz eq grain
¼ cup vegetable (sauce)

Fruit:
fresh red grapes
1 cup fruit

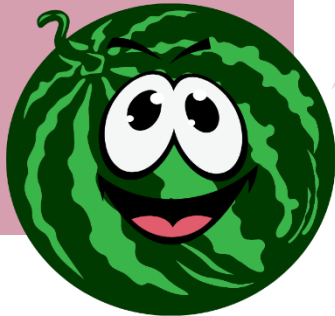
Vegetable:
romaine lettuce
½ cup vegetable
tomato
¼ cup vegetable

Milk:
1 cup fat-free unflavored
1 cup fat-free chocolate
1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at risk for nutritional problems and emergency shelter)</small>
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Meat/meat alternates				
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Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Continue

Completing the Weekly Menu



1 cup milk

Meeting the Daily Requirements: Milk

THURSDAY

Entrée:
Chicken Parmesan - 1 each
.75 oz eq grain
2.25 oz meat/meat alternate

pasta
1.5 oz eq grain
¼ cup vegetable (sauce)

Fruit:
fresh red grapes
1 cup fruit

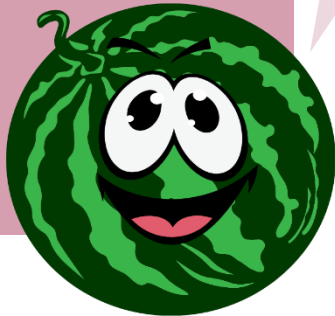
Vegetable:
romaine lettuce
½ cup vegetable
tomato
¼ cup vegetable

Milk:
1 cup fat-free unflavored
1 cup fat-free chocolate
1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ²
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Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Continue

Completing the Weekly Menu



It looks like the supper for Thursday meets the daily requirements of the meal pattern!

Let's see how this should look when we use the menu planner tool!

Meeting the Daily Requirements: Thursday

THURSDAY

Entrée:
Chicken Parmesan - 1 each
.75 oz eq grain
2.25 oz meat/meat alternate

pasta
1.5 oz eq grain
¼ cup vegetable (sauce)

Fruit:
fresh red grapes
1 cup fruit

Vegetable:
romaine lettuce
½ cup vegetable
tomato
¼ cup vegetable

Milk:
1 cup fat-free unflavored
1 cup fat-free chocolate
1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ²
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
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Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
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Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

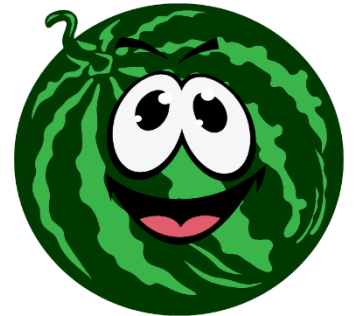
Continue

Completing the Weekly Menu

Menu Planner: Thursday

	Monday	Tuesday	Wednesday	Thursday
Grains:	Brown Rice Serving Size: 1 cup = 2 oz eq	Tortilla (in enchilada) Serving Size: 2 each = 2 oz eq	Breading on Fish Serving Size: 2 oz eq Dinner Roll Serving Size: 2 oz eq	Pasta Serving Size: 1.5 oz eq Breading on Chicken Serving Size: .75 oz eq
Meat/Meat Alternate:	Beef Teriyaki Serving Size: 4 beef strips = 2 oz	Turkey and Cheese (in enchilada) Serving Size: 2 each = 2 oz	Fish Sticks Serving Size: 4 each = 2 oz	Chicken and Cheese Serving Size: 2.25 oz
Fruit:	Mandarin Oranges Serving Size: 1 cup	Fruit Salad Serving Size: 1 cup	Apple Slices Serving Size: 1 cup	Grapes Serving Size: 1 cup
Vegetable:	Broccoli Serving Size: 1 cup	Refried Beans Serving Size: ¾ cup	French Fries Serving Size 1 cup	Romaine Lettuce Serving size: 1/2 cup Tomato (and sauce) Serving Size: 1/2 cup
Milk:	FF Unflavored FF Chocolate Serving Size: 1 cup	FF Unflavored FF Chocolate Serving Size: 1 cup	FF Unflavored FF Chocolate Serving Size: 1 cup	FF Unflavored FF Chocolate Serving Size: 1 cup

Does your menu planner look similar to this?



Completing the Weekly Menu



Planning the Entrée

For Friday's menu I want to incorporate something healthy and delicious. A Curry Chicken Salad Sandwich sounds great!

This combination entrée will contribute to the grain, meat/meat alternate and vegetable components. My recipe will include shredded chicken breast, Greek yogurt, chopped celery, chopped onion, romaine lettuce and a whole grain baguette. Of course we will be adding in some curry spices, but these spices will not contribute to the meal pattern.

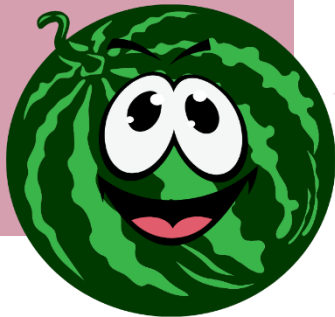
After utilizing my crediting resources, I found that one sandwich will contribute 1.25 oz eq grain, 2 oz meat/meat alternate, and ½ cup vegetable between all three veggie items.

FRIDAY

Entrée:
Curry Chicken Salad Sandwich

1.25 oz eq grain
2 oz meat/meat alternate
½ cup vegetable (in the salad)

Completing the Weekly Menu



Planning the Fruit

I'm going to plan $\frac{1}{2}$ cup of dried cranberries as my fruit.

Remember... Dried fruit credits as double the volume, so if I plan $\frac{1}{2}$ cup, it will credit as 1 cup!

FRIDAY

Entrée:

Curry Chicken Salad Sandwich

1.25 oz eq grain

2 oz meat/meat alternate

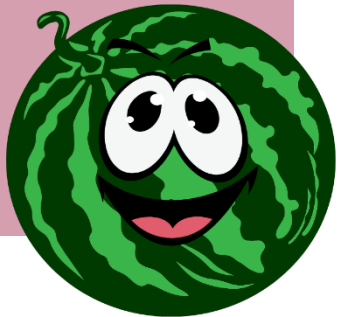
$\frac{1}{2}$ cup vegetable (in the salad)

Fruit:

$\frac{1}{2}$ cup dried cranberries

1 cup fruit

Completing the Weekly Menu



Planning the Vegetable

Even though we already have $\frac{1}{2}$ cup vegetable on this day, I'm still going to add another $\frac{1}{2}$ cup of fresh sliced cucumbers to our menu.

FRIDAY

Entrée:

Curry Chicken Salad Sandwich

1.25 oz eq grain

2 oz meat/meat alternate

$\frac{1}{2}$ cup vegetable (in the salad)

Fruit:

$\frac{1}{2}$ cup dried cranberries

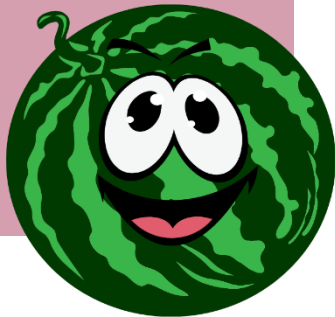
1 cup fruit

Vegetable:

fresh sliced cucumbers

$\frac{1}{2}$ cup

Completing the Weekly Menu



My meal isn't
complete without
planning my milk!

Planning the Milk

FRIDAY

Entrée:

Curry Chicken Salad Sandwich

1.25 oz eq grain

2 oz meat/meat alternate

½ cup vegetable (in the salad)

Fruit:

½ cup dried cranberries

1 cup fruit

Vegetable:

fresh sliced cucumbers

½ cup

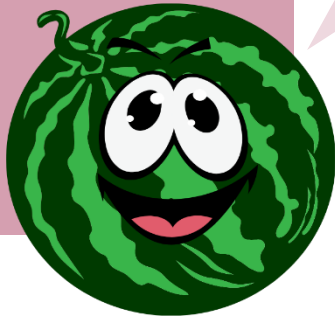
Milk:

1 cup fat-free unflavored

1 cup fat-free chocolate

1 cup milk

Completing the Weekly Menu



1.25 oz eq grains....

Check!

Meeting the Daily Requirements: Grains

FRIDAY

Entrée:

Curry Chicken Salad Sandwich

1.25 oz eq grain
2 oz meat/meat alternate
½ cup vegetable (in the salad)

Fruit:

½ cup dried cranberries
1 cup fruit

Vegetable:

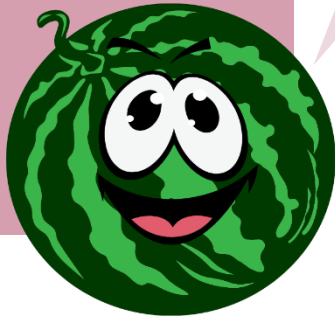
fresh sliced cucumbers
½ cup

Milk:

1 cup fat-free unflavored
1 cup fat-free chocolate
1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at risk for nutritional problems and emergency situations)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving ✓
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Completing the Weekly Menu



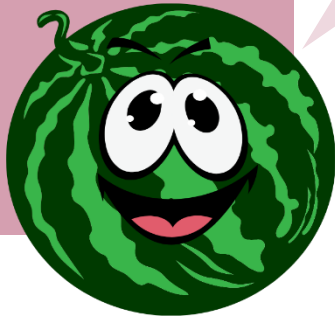
2 oz meat/meat alternate....
Check!

Meeting the Daily Requirements: Meat/Meat Alternate

FRIDAY
Entrée: Curry Chicken Salad Sandwich 1.25 oz eq grain 2 oz meat/meat alternate ½ cup vegetable (in the salad)
Fruit: ½ cup dried cranberries 1 cup fruit
Vegetable: fresh sliced cucumbers ½ cup
Milk: 1 cup fat-free unflavored 1 cup fat-free chocolate 1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(in this case, no school programs and a meal agency, see the list)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces ✓
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces ✓
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving ✓
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Completing the Weekly Menu



1 cup fruit....
Check!

Meeting the Daily Requirements: Fruit

FRIDAY

Entrée:
Curry Chicken Salad Sandwich

1.25 oz eq grain
2 oz meat/meat alternate
½ cup vegetable (in the salad)

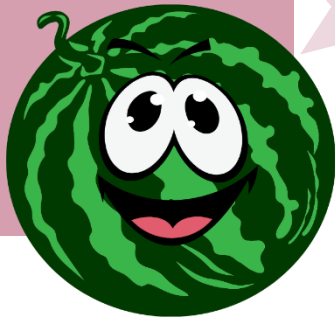
Fruit:
½ cup dried cranberries
1 cup fruit

Vegetable:
fresh sliced cucumbers
½ cup

Milk:
1 cup fat-free unflavored
1 cup fat-free chocolate
1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at risk for nutritional problems and emergency situations)</small>
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Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
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Vegetables⁶	½ cup	¾ cup	½ cup	½ cup ✓
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Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice ✓
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving ✓
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Completing the Weekly Menu



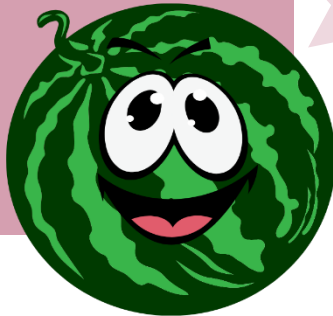
1 cup
vegetable....
Check!

Meeting the Daily Requirements: Vegetable

FRIDAY
Entrée: Curry Chicken Salad Sandwich 1.25 oz eq grain 2 oz meat/meat alternate ½ cup vegetable (in the salad)
Fruit: ½ cup dried cranberries 1 cup fruit
Vegetable: fresh sliced cucumbers ½ cup
Milk: 1 cup fat-free unflavored 1 cup fat-free chocolate 1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at risk for nutritional problems and emergency shelter)</small>
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Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
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Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving ✓
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Completing the Weekly Menu



1 cup milk....

Check!

Meeting the Daily Requirements: Milk

FRIDAY

Entrée:
Curry Chicken Salad Sandwich

1.25 oz eq grain
2 oz meat/meat alternate
½ cup vegetable (in the salad)

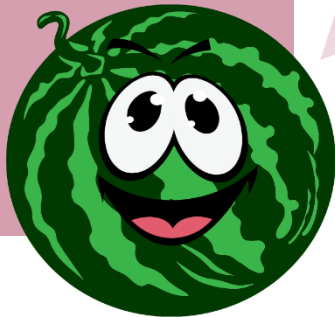
Fruit:
½ cup dried cranberries
1 cup fruit

Vegetable:
fresh sliced cucumbers
½ cup

Milk:
1 cup fat-free unflavored
1 cup fat-free chocolate
1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ²
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	½ cup	¾ cup	½ cup	½ cup
Fruits^{6,7}	½ cup	¾ cup	½ cup	½ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Completing the Weekly Menu



Looks like
Friday meets
all of the daily
requirements!

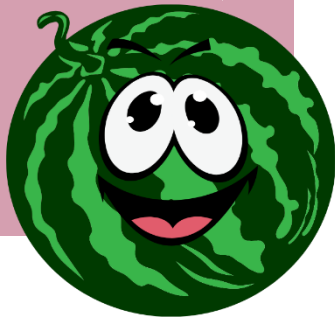
Meeting the Daily Requirements: Friday

FRIDAY
Entrée: Curry Chicken Salad Sandwich 1.25 oz eq grain 2 oz meat/meat alternate ½ cup vegetable (in the salad)
Fruit: ½ cup dried cranberries 1 cup fruit
Vegetable: fresh sliced cucumbers ½ cup
Milk: 1 cup fat-free unflavored 1 cup fat-free chocolate 1 cup milk

Lunch and Supper (Select all five components for a reimbursable meal)				
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Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Completing the Weekly Menu

Does your menu planner look similar to this?



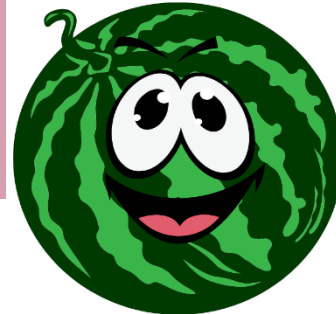
Menu Planner: Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Grains:	Brown Rice Serving Size: 1 cup = 2 oz eq	Tortilla (in enchilada) Serving Size: 2 each = 2 oz eq	Breading on Fish Serving Size: 2 oz eq Dinner Roll Serving Size: 2 oz eq	Pasta Serving Size: 1.5 oz eq Breading on Chicken Serving Size: .75 oz eq	Baguette Serving Size: 1.25 oz eq
Meat/Meat Alternate:	Beef Teriyaki Serving Size: 4 beef strips = 2 oz	Turkey and Cheese (in enchilada) Serving Size: 2 each = 2 oz	Fish Sticks Serving Size: 4 each = 2 oz	Chicken and Cheese Serving Size: 2.25 oz	Chicken and Yogurt Serving Size: 2 oz
Fruit:	Mandarin Oranges Serving Size: 1 cup	Fruit Salad Serving Size: 1 cup	Apple Slices Serving Size: 1 cup	Grapes Serving Size: 1 cup	Dried Cranberries Serving Size: ½ cup
Vegetable:	Broccoli Serving Size: 1 cup	Refried Beans Serving Size: ¾ cup	French Fries Serving Size: 1 cup	Romaine Lettuce Serving size: 1/2 cup Tomato (and sauce) Serving Size: ½ cup	Celery Serving Size: ¼ cup Onion Serving size: 1/8 cup Romaine Serving size: 1/8 cup Cucumbers Serving Size: ½ cup
Milk:	FF Unflavored FF Chocolate Serving Size: 1 cup	FF Unflavored FF Chocolate Serving Size: 1 cup	FF Unflavored FF Chocolate Serving Size: 1 cup	FF Unflavored FF Chocolate Serving Size: 1 cup	FF Unflavored FF Chocolate Serving Size: 1 cup

Tips to Help You Menu Plan Like a Pro

Tips to Help You Plan Like a Pro

Pro Tip: Think Color and Variety

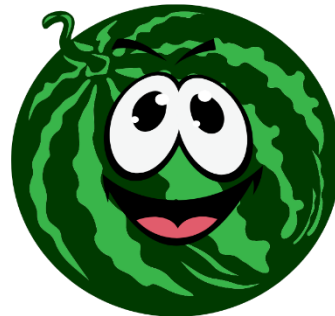


Try to plan meals that offer variety in color and texture to make the meals more appealing to the eyes and the taste buds!

Which of these meals looks more appetizing to you?

*Tips to Help You
Plan Like a Pro*

Pro Tip: Think Color and Variety

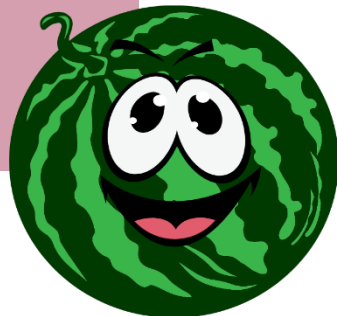


The meal on the left is all the same bland color. Sure, it meets meal pattern requirements, but it looks so boring!

The meal on the right has color and different shapes! I'd pick the meal on the right for sure!



Tips to Help You Plan Like a Pro



Pro Tip: Think About What's Popular Around Town



Burrito bowls with brown rice, diced chicken, black beans, salsa, and even guacamole if you'd like!



Mashed potato bowl with corn, cheese, and popcorn chicken!



Beef, carrots, red bell peppers, and broccoli over brown rice!

Think about creative ways to serve meals similar to what's being sold around town.

These entrées have grains, vegetables, and meat/meat alternates in them and are similar to what can be purchased at a fast food chain!

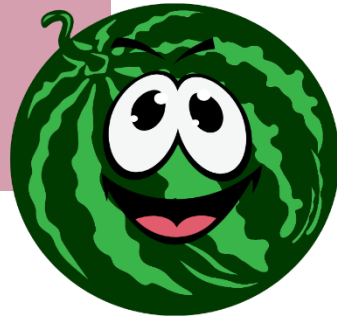
Could you serve something similar on your menu?

Tips to Help You Plan Like a Pro

Pro Tip: Use Creative Names



OR



Students like trendy and catchy names.
Here are some examples of ways to name your
entrées so they sound appealing too!

How can you rename items on your menu?

Technical Assistance

If you have any questions related to the CACFP Meal Pattern, visit the At-Risk Afterschool Meals for School Food Authorities (SFAs) webpage at:

<http://www.azed.gov/hns/atriskafterschoolmealsforsfa/>

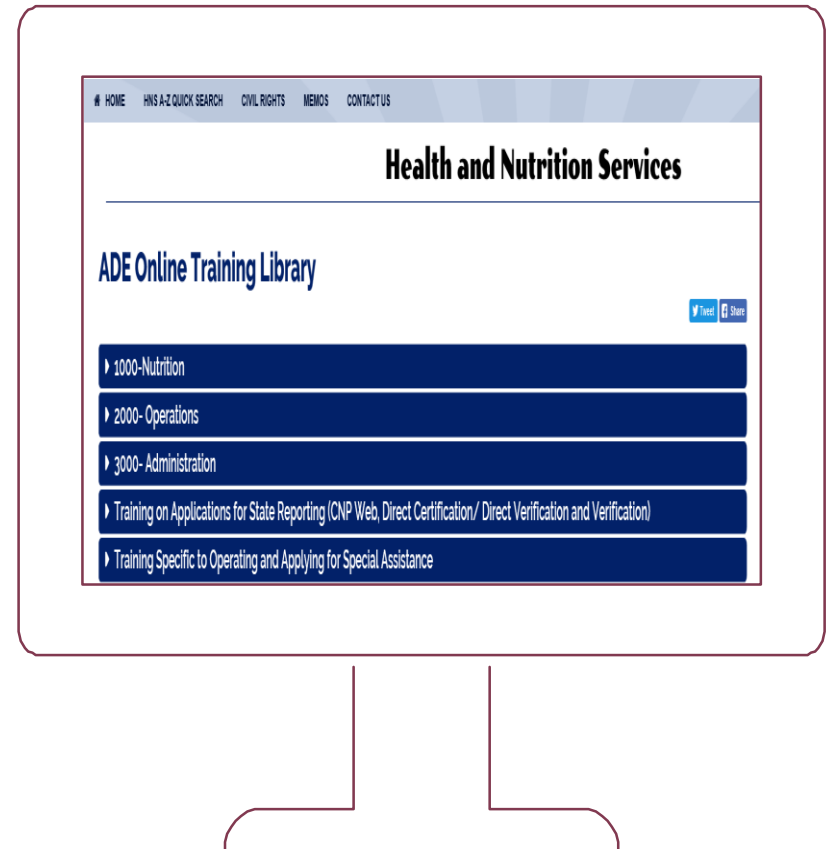
You can also contact your School Nutrition Programs Specialist if you have any additional questions about the meal pattern and menu planning.

End of Training

ADE Online Training Library

Online trainings are easy to use and available year round. Directors and staff are encouraged to complete these trainings as a way to review previously learned subjects, or as an introduction to a regulation.

Please take some time to browse through the [ADE Online Training Library](#) to review additional resources.



End of Training

Congratulations!

You have completed the ***Step by Step Instruction: How to Plan a Supper Menu Using the CACFP Meal Pattern.***

In order to count this training towards your Professional Standards training hours, the training content must align with your job duties.

- Information to include when documenting this training for Professional Standards:
 - Training Title: ***Step by Step Instruction: How to Plan a Supper Menu Using the CACFP Meal Pattern***
 - Learning Code: 1100
 - Key Area: 1000- Nutrition
 - Length: 1.5 hours
- *Please note, attendees must document the amount of training hours indicated on the training despite the amount of time it takes to complete it.*

**Request a
Certificate**

End of Training

Requesting a Training Certificate

Please click on the link below to complete a brief survey about this training. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey. *This will not appear in your Event Management System (EMS) Account.*

<https://www.surveymonkey.com/r/OnlineHowToGuides>

The information below is for your reference when completing the survey.

Training Title: ***Step by Step Instruction: How to Plan a Supper Menu Using the CACFP Meal Pattern***

Professional Standards Learning Code: **1100**

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