Professional Standards Learning Code: 1100 Length: 1.5 hours



**Released** January 2020 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.

### **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.

### Objectives

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

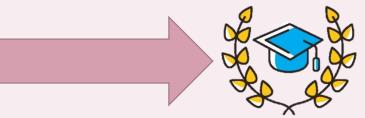
- understand how to read the CACFP Meal Pattern Chart; and
- know how to plan meals that meet the daily CACFP component requirements.



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 <u>Meal and Snack Requirements</u> <u>Webpage</u> 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.



### 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

**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.

### *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

#### 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 <u>Offer</u> <u>Versus Serve Manual</u> 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.

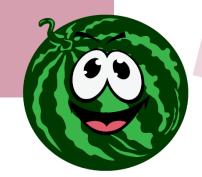
### **Choosing a Meal Pattern**

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 <u>age groups</u>, unlike the NSLP meal pattern that serves <u>grade groups</u>. 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



#### **Meal Pattern Chart**

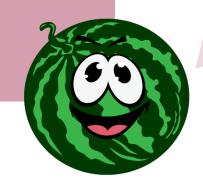
Meal pattern charts can be found on the <u>At-Risk Afterschool Meals</u> for SFAs Webpage.

> 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					
	five com <sub>ra</sub> nents				
Food Components and Food Items <sup>1</sup>	A₽_51-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup>  et risk afterschool programs and a marge noy she iters]	
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid 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 <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounces	
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces	
Largeegg	1/2	34	1	1	
Cooked dry beans or pers	‰icup	⅔ 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	4 ounces or	6 ounces or	8 ounces or	8 ounces or	
unsweetened or sweetened <sup>5</sup>	½ cup	¾ cup	1 cup	1 cup	
The following may be used to meet n more than 50% of the requirement: Pe anuts, 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%	% ounce = 50%	1 ounce =50%	1 ounce = 50%	
Vegetables	½ cup	<sup>1</sup> ⁄4 cup	½ cup	½ cup	
Fruits <sup>5,7</sup>	½ cup	‰ cup	14 cup	‰icup	
Grains (oz eq) <sup>8,9</sup>		1		1	
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	
Wholegrain-rich, enriched or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	% cup	¼ cup	½ cup	½ cup	



#### 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 <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> lat riskafte school program	
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid 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 <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounces	
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces	
Largelegg	1/2	3⁄4	1	1	
Cooked dry beans or peas	1xicup	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	4 ounces or	6 ounces or	8 ounces or	8 ounces or	
unsweetened or sweetened <sup>5</sup>	½ cup	¾ cup	1 cup	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)	% ounce = 50%	34 ounce = 50%	1 ounce = 50%	1 ounce = 50%	
Vegetables <sup>6</sup>	½ αup	<sup>1</sup> / <sub>4</sub> cup	½ cup	½ cup	
Fruits <sup>6,7</sup>	½ cup	%icup	%icup	1xícup	
Grains (oz eq) <sup>8.9</sup> 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	1⁄2 serving	½ serving	1 serving	1 serving	
Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	14 cup	¼ cup	½ cup	½ cup	



#### **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.

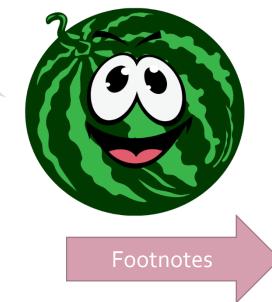
	Lunch and five components		le meel)	
Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> Friskafterschool progra
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ouncer	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ou rœs	2 ounces
Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Largelegg	15	3∕4	1	1
Cooked dry beans or peas	1xicup	3∕2 CV 2	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	4 ounces or	6 ounces or	8 ounces or	8 ounces or
unsweetened or sweetened <sup>5</sup>	½ cup	¾ cup	1 cup	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) Vegetables <sup>6</sup>	% ounce = 50%	% ounce = 50%	1 ounce =50%	1 ounce = 50%
	½ cup	<sup>1</sup> / <sub>4</sub> cup	½ cup	½ cup
Fruit, <sup>7</sup>	⅓ cup	14 cup	14 cup	¼ cup
Grains (oz eg) <sup>8,9</sup> 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	15 serving	1 serving	1 serving
Wholegrain-rich, enrich ed orfortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/orpasta	¥сир	¼ cup	½ cup	½ cup

#### Footnotes

#### **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 ().



#### **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).





#### **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, **afterschool 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			
	five components		· · · · · · · · · · · · · · · · · · ·	
Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> http://www.ages.com/programs and a magency shafe is j
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid 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 <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ Sance	2 ounces	2 ounces
Larg e egg	1/2	34	1	1
Cooked dry beans or peas	‰cup	⅔ 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	4 ounces or	6 ounces or	8 ounces or	8 ounces or
unsweetened or sweetened <sup>5</sup>	½ cup	∛₄αup	1 cup	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)	% ounce = 50%	% ounce = 50%	1 ounce =50%	1 ounce = 50%
Vegetables <sup>6</sup>	½ cup	<sup>1</sup> /4 cup	½ cup	½ cup
Fruits <sup>67</sup>	½ cup	‰icup	%icup	1xícup
Grains (oz eq) <sup>8,9</sup>				
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
Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¥ cup	¥ cup	½ cup	½ cup

#### 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 <u>At-Risk Afterschool Meals for</u> <u>School Food Authorities (SFAs) Webpage</u> 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-F	lisk Lunch	and Supper	Menu	Planner	(CACFP	Meal Patter	n)

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

Revised and released January 2020

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

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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 <u>Exhibit A</u> 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 1	ive components:		de meal)				
Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> lat risk afterschool programs and a margancy shafters (			
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid ounces			
Meat/meat alternates							
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ou nœs	2 ounces			
Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ou nœs	2 ounces			
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces			
Largelegg	1/2	3∕4	1	1			
Cooked dry beans or peas	t≰αup	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	4 ounces or	6 ounces or	8 ounces or	8 ounces or			
unsweetened or sweetened <sup>®</sup>	1% cup	34 cup	1 cup	1 cup			
The following may be used to meet no more than 50% of the requirement: Peanuts, sory 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)	% ounce = 50%	% ounce = 50%	1 ounce =50%	1 ounce = 50%			
Vegetables <sup>6</sup>	½ αıp	¼ cup	½ cup	½ cup			
Fruits <sup>6,7</sup>	½ cup	¼ cup	¼ cup	%icup			
Grains (oz eq) <sup>8,9</sup>							
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			
Wholegrain-rich, enriched or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¥ αıp	¥ cup	ሄ cup	½ cup			



Continue

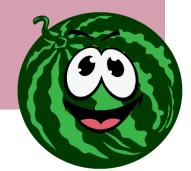
Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> [st risk state school programs and a marganicy strate is]
Meat/meat alternates		-	-	
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Largeegg	1/2	34	1	1
Cooked dry beans or peas	‰ cup	⅔ 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	4 ounces or	6 ounces or	8 ounces or	8 ounces or
unsweetened or sweetened <sup>5</sup>	½ cup	¾ cup	1 cup	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%	% ounce = 50%	1 ounce =50%	1 ounce = 50%

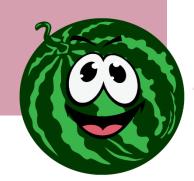
#### Meat/Meat Alternate

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.

### Planning the Supper Menu



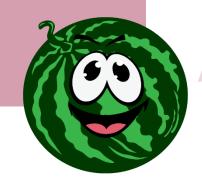


### Planning the Entrée

Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> http://www.ages.com/programs and a margancy shallers (
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or	1 ounce	1 ½ ounce	2 ounces	2 ounces
alternate protein products <sup>4</sup>	Tounce	1 % ounce	2 ounces	2 Ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	1/2	34	1	1
Cooked dry beans or peas	‰ cup	⅔ cup	½ cup	½ cup
Peanut butter or soy nut				
butter or other nut or seed	2 tbsp	3 tbsp	4 tbsp	4 tbsp
butters				
Yogurt, plain or flavored	4 ounces or	6 ounces or	8 oun œs or	8 ounces or
unsweetened or sweetened <sup>®</sup>	½ cup	¾ cup	1 cup	1 cup
The following may be used				
to meet no more than 50%				
of the requirement:		1		
Peanuts, soy nuts, tree				
nuts, or seeds, as liste				
in program guid				
an equivale		<i>.</i> .		n ce = 50%
any cor What sl	hould I pla	an for the	entrée?	
anov	•			
alt				
I love Beef	Terivaki	. Let's sta	irt with th	at!
	•			
– Now, do	i give ea	ch child 3	<i>or</i> 4 beef	
	•	-		
	SU	ips?		
My chart of	welnood	to give t	hom at la	act
My chart sa	aysineed	i to give t	nem at le	dSt
	С	oz.		
	2	02.		
What does	that me	an when	in terms	of
what uses	striatine		in terms	UI I
menuin	a my me	at/meat :	alternate	
menom				
	prog	duct?		
	P. • •			

#### MONDAY

Entrée: Beef Teriyaki



#### **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.

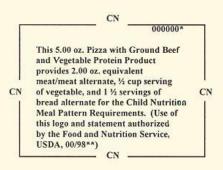
I need to use the Food Buying Guide or read a CN Label or a Product Formulation Statement to determine how much of the beef strips in lean meat. ADE has some great resources for learning about crediting grains and understanding labels. Be sure to look this information up later on the <u>Meal Pattern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

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!



ELCOME TO THE FOOD BUYING GUIDE
Interactive food Build Guide allows for easy data; seech, and margation of load jet letitomation. In addition, users can compare yield information, create a favorite loads Bit, and access load, such a face performance (RAW) and the Product Formation Statement Workbook.
Food items Search
Food items Search
Recep Analysis Workbook (RAW)
Coverside Food Boying Guide







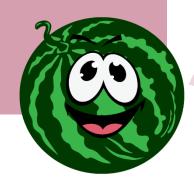
#### Planning the Entrée

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 Entrée

Food Components and Food Items*	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup>  et risk afterschool programs and a margancy shafters
Grains (oz eq) <sup>8,9</sup>			_	
Wholegrain-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
Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¥ cup	% 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 <u>Meal Pattern Requirements Webpage</u>, 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: <u>How to Credit Grains</u> and <u>Exhibit A from the Food</u> <u>Buying Guide</u>.

#### MONDAY

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

1 cup brown rice=

2 oz eq grain

### **Planning the Fruit**

Food Components and Food Items <sup>4</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> http://www.sinches.org/and/org/and/org/and/org/and/org/and/org/and/org/and/org/and/org/and/org/and/org/and/org/ and a margan cylinghama (sinches)
Fruits <sup>6,7</sup>	½ cup	14 cup	1xí cup	14 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 <u>fresh</u>, <u>canned</u>, <u>dried</u>, <u>or pasteurized full strength</u> <u>juice</u>.

If I serve dried fruit, it credits as twice the volume. This means <sup>1</sup>/<sub>4</sub> cup of dried fruit served will count as <sup>1</sup>/<sub>2</sub> 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 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 Vegetable

Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> httrikaterschoolprograms	
Vegetables°	½ cup	¼ cup	½ cup	9/2 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 <sup>1</sup>/<sub>2</sub> cup!



### Planning the Supper Menu

### *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 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 Milk**

Food Compo	nents and Food Items'	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup>	
					jet riskefterschoolprograms and ermengency she tersj	
Fluid Milk <sup>®</sup>		4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid ounces	

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



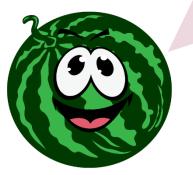


### Planning the Milk

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

### **Meeting the Daily Requirements**

#### MONDAY Entrée: Here's our Beef Teriyaki: 4 each = menu for Monday. 2 oz meat/meat alternate Did we offer enough of 1 cup brown rice= each 2 oz eq grain component Fruit: on this day 1 cup mandarin oranges for the Ages 13–18 meal pattern? Vegetable: Let's review!

1 cup fruit 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 <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> (at ris kaffe is chool program and a margancy she hars)		
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid 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 <sup>4</sup>	1 ounce	1 ½ ounce	2 ou nœs	2 ounces		
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces		
Largeegg	1/2	3⁄4	1	1		
C <b>ooked dry be</b> ans or peas	¥αup	⅔ 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	4 ounces or	6 ounces or	8 ounces or	8 ounces or		
unsweetened or sweetened <sup>5</sup>	½ cup	34 cup	1 cup	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) Vegetables <sup>®</sup>	% ounce = 50%	% ounce = 50%	1 ounce =50%	1 ounce = 50%		
Vegetables"	½ cup	<sup>1</sup> / <sub>4</sub> cup	½ cup	½ cup		
Fruits <sup>6,7</sup>	½ cup	‰ cup	1xícup	‰ cup		
Grains (oz eg) <sup>8,9</sup> 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		
Wholegrain-rich, enriched or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¥сар	¥ cup	½ cup	½ cup		

# Daily Requirements Review

### Meeting the Daily Requirements: Grains

1 cup grain or 2 oz eq

	Lunch and Supper					
MONDAY	(Select all five components for a reimbursable meal)					
	Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> Jet ris kafferschool programs and emergency shefters (	
	Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid ounces	
Entrée:	Meat/meat alternates					
	Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces	
Beef Teriyaki: 4 each =	Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounces	
2 oz meat/meat alternate	Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces	
<b>,</b>	Large egg	15	34	1	1	
	Cooked dry beans or peas	‰ cup	⅔ cup	½ cup	½ cup	
1 cup brown rice=	Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp	
2 oz eq grain	Yogurt, plain or flavored	4 ounces or	6 ounces or	8 oun œs or	8 ounces or	
15	unsweetened or sweetened <sup>5</sup>	½ cup	3% cup	1 cup	1 cup	
Fruit: 1 cup mandarin oranges <b>1 cup fruit</b>	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	½ ounce = 50%	¾ ounce = 50%	1 ounce =50%	1 ounce = 50%	
Vegetable: 1 cup steamed broccoli 1 cup vegetable	above meat/meat alternates (1 ounces of nuts/seeds =1 ounce of cooked lean meat, poultry, or fish)					
I cop regetable	Vegetables <sup>6</sup>	½ cup	<sup>1</sup> / <sub>4</sub> cup	½ cup	½ cup	
N 4:11	Fruits <sup>67</sup>	½ cup	1xí cup	1xícup	14 cup	
Milk: 1 cup fat-free unflavored 1 cup fat-free chocolate <b>1 cup milk</b>	Grains (oz eq) <sup>89</sup> 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	
	Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¥cup	¼ cup	½ cup	TU	

Lunch and Supp

meat/meat alternate

2 oz eq

#### Meeting the Daily Requirements: Meat/Meat Alternate

	Lunch and Supper					
	(Select all f	ive components		le meal)		
MONDAY	Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> Intri kefferschool programs and a mage new she fers i	
	Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid ounces	
Entrée:	Meat/meat alternates					
	Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 yn	
Beef Teriyaki: 4 each =	Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ou nœs	2 outrices	
2 oz meat/meat alternate	Cheese	1 ounce	1 ½ ounce	2 ou nœs	2 ounces	
	Large egg	1/2	3∕4	1	1	
7	Cooked dry beans or peas	¼ cup	⅔ cup	½ cup	½ cup	
1 cup brown rice=	Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp	
2 oz eq grain	Yogurt, plain or flavored	4 ounces or	6 ounces or	8 ounces or	8 ounces or	
	unsweetened or sweetened <sup>5</sup>	½ cup	34 cup	1 cup	1 cup	
Fruit: 1 cup mandarin oranges <b>1 cup fruit</b>	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	½ ounce = 50%	% ounce = 50%	1 ounce =50%	1 ounce = 50%	
Vegetable: 1 cup steamed broccoli 1 cup vegetable	above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)					
i cop vegetable	Vegetables <sup>6</sup>	½ cup	<sup>1</sup> /4 cup	½ cup	½ cup	
N 411	Fruits <sup>57</sup>	½ cup	14 cup	14 cup	14 cup	
Milk: 1 cup fat-free unflavored 1 cup fat-free chocolate	Grains (oz eq) <sup>8.9</sup> 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	1% serving	1 serving	1 serving	
1 cup milk	Wholegrain-rich, enriched or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	Жшр	¼ cup	½ cup		

Continue

nents	
	1 cup fruit

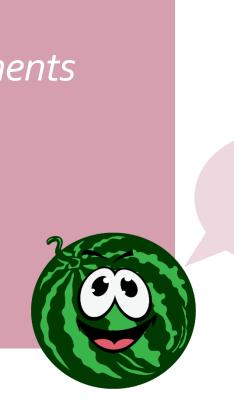
#### Meeting the Daily Requirements: Fruit

	Lunch and Supper					
	(Select all f	ive components	for a reimbursab	le meal)		
MONDAY	Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> (at risk afterschool programs and emergency she ters)	
	Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid ounces	
Entrée:	Meat/meat alternates					
	Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ou nœs	2 107	
Beef Teriyaki: 4 each =	Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ou nœs	2 ou ces	
2 oz meat/meat alternate	Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces	
	Largelegg	1/2	3∕4	1	1	
	Cooked dry beans or peas	1xi cup	⅔ cup	½ cup	½ cup	
1 cup brown rice=	Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp	
2 oz eq grain	Yogurt, plain or flavored	4 ounces or	6 ounces or	8 ounces or	8 ounces or	
1 5 -	unsweetened or sweetened <sup>5</sup>	½ cup	¾ cup	1 cup	1 cup	
Fruit: 1 cup mandarin oranges 1 cup fruit Vegetable: 1 cup steamed broccoli 1 cup vegetable	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)	% ounce = 50%	¾ ounce = 50%	1 ounce =50%	1 oun œ = 50%	
I COP VEGELADIE	Vegetables <sup>6</sup>	½ cup	1/4 cup	½ cup	½ cup	
	Fruits <sup>5,7</sup>	½ cup	% cup	14 cup	<u> </u>	
Milk:	Grains (oz eq) <sup>8,9</sup>					
1 cup fat-free unflavored	Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice	
1 cup fat-free chocolate 1 cup milk	Whole grain-rich or enriched bread product, such as biscuit, roll or muffin Whole grain-rich, enrich ed	1⁄2 serving	½ serving	1 serving	1 serving	
T cob unix	or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¥icup	¼ cup	½ cup	<b>V</b>	

ents	
	1 cup vegetable

#### Meeting the Daily Requirements: Vegetable

/ 1			• -			
		Lunch and				
	(Select all five components for a reimbursable meal)					
MONDAY	Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> [st risk afterschool programs and a marge nay she hars]	
	Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid ounces	
Entrée:	Meat/meat alternates					
LINUCC.	Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 yn	
Beef Teriyaki: 4 each =	Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ou nœs	2 outrices	
2 oz meat/meat alternate	Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces	
	Large egg	15	3⁄4	1	1	
	Cooked dry beans or peas	‰ cup	⅔ cup	½ cup	½ cup	
1 cup brown rice=	Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp	
2 oz eq grain	Yogurt, plain or flavored	4 ounces or	6 ounces or	8 oun œs or	8 ounces or	
	unsweetened or sweetened	½ cup	34 cup	1 cup	1 cup	
Fruit: 1 cup mandarin oranges <b>1 cup fruit</b>	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	½ ounce = 50%	% ounce = 50%	1 ounce =50%	1 ounce = 50%	
Vegetable: 1 cup steamed broccoli 1 cup vegetable	above meat/meat alternates (1 ounces of nuts/seeds =1 ounce of cooked lean meat, poultry, or fish)					
	Vegetables <sup>6</sup>	½ cup	<sup>1</sup> / <sub>4</sub> cup	½ cup		
N 411	Fruits <sup>5,7</sup>	⅓ cup	‰ cup	1xícup	<u> </u>	
Milk: 1 cup fat-free unflavored	Grains (oz eq) <sup>8,9</sup> Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice	
1 cup fat-free chocolate	Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	1% serving	½ serving	1 serving	1 serving	
1 cup milk	Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¥ap	¼ cup	½ cup	<b>W</b>	
					-	



#### Meeting the Daily Requirements: Milk

1 cup of milk

	Lunch and Supper					
		ive components	for a reimbursat	ole meal)		
MONDAY	Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> httrikatterschoolpr andernegency stati	
	Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fk o ces	
Entrée:	Meat/meat alternates					
	Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 yŋ/	
Beef Teriyaki: 4 each =	Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ou ces	
2 oz meat/meat alternate	Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces	
,	Largelegg	1/2	34	1	1	
	Cooked dry beans or peas	‰ cup	⅔ cup	½ cup	½ cup	
1 cup brown rice=	P eanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp	
2 oz eq grain	Yogurt, plain or flavored	4 ounces or	6 ounces or	8 oun œs or	8 ounces or	
	unsweetened or sweetened <sup>5</sup>	½ cup	¾ cup	1 cup	1 cup	
Fruit: 1 cup mandarin oranges <b>1 cup fruit</b>	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	½ ounce = 50%	¾ ounce = 50%	1 ounce =50%	1 ounce = 50%	
Vegetable: 1 cup steamed broccoli 1 cup vegetable	above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	14				
	Vegetables <sup>6</sup> Fruits <sup>6,7</sup>	½ cup ⅓ cup	<sup>1</sup> / <sub>4</sub> cup	½ cup		
Mille	Fruits" Grains (oz eg) <sup>8,9</sup>	78 Cup	1xí cup	% cup	¥@/	
Milk: cup fat-free unflavored	Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice	
1 cup fat-free chocolate	Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving	
1 cup milk	Whole grain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¥шр	¥ cup	½ cup	<b>T</b> U	



It looks like

we have all

our

components planned for Monday's

Supper!

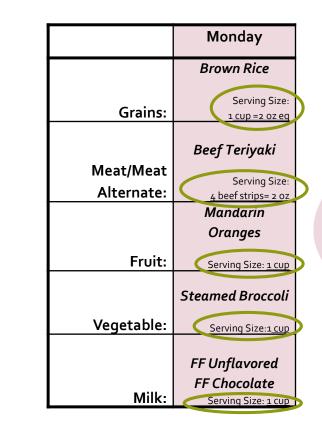
#### Meeting the Daily Requirements: Monday

	Lunch and Supper					
	(Select all 1	five components	for a reimbursat	le meal)		
MONDAY	Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> http://www.agency.st	
	Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fl c ces	
Entrée:	Meat/meat alternates		•			
LINICE.	Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 yn/	
Beef Teriyaki: 4 each =	Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounces	
2 oz meat/meat alternate	Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces	
	Largeegg	15	34	1	1	
	Cooked dry beans or peas	1xicup	³∕s cup	½ cup	½ cup	
1 cup brown rice=	P eanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp	
2 oz eq grain	Yogurt, plain or flavored	4 ounces or	6 ounces or	8 oun œs or	8 ounces or	
	unsweetened or sweetened <sup>5</sup>	½ cup	∛4 cup	1 cup	1 cup	
Fruit: 1 cup mandarin oranges <b>1 cup fruit</b>	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	½ ounce = 50%	¾ ounce = 50%	1 ounce =50%	1 ounce = 50%	
Vegetable: 1 cup steamed broccoli <b>1 cup vegetable</b>	above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)					
	Vegetables <sup>6</sup> Fruits <sup>6,7</sup>	½ cup ½ cup	<sup>1</sup> / <sub>4</sub> cup	½ cup		
NA:IL	Grains (oz eq) <sup>8,9</sup>	78 Cup	1xí cup	%icup	└ <b>─</b> ─ <sup>₩</sup> ──	
Milk: 1 cup fat-free unflavored	Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice	
1 cup fat-free chocolate	Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving	
1 cup milk	Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¥ cup	¼ cup	½ cup	- w	

Continue

Lunch and Supper

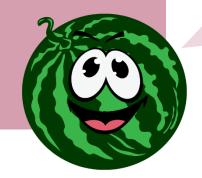
#### Menu Planner: Monday



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.





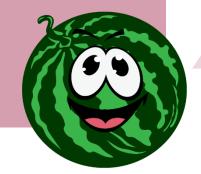
#### Planning the Entrée

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



#### 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).

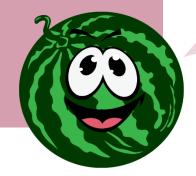
To meet the minimum requirement, 1 serving of grain must be offered. According to our Nutrition Facts Label, 1 serving is one tortilla. According to the Food Buying Guide, this credits as 2 oz eq.

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



#### **Planning the Fruit**

Let's also plan our fruit.

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

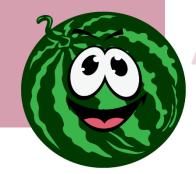
Let's plan a 1 cup fruit salad with all fresh fruit ingredients!

#### 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** 



#### **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 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 ½ cup of beans to fulfill the minimum amount of vegetable, but I want to serve at least ¾ 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 ¼ cup watermelon ¼ cup pineapple ½ cup strawberries **1 cup fruit** 

Vegetable: refried beans ¾ cup vegetable



#### 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 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 *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.



			Lunch and Supper				
	(Select all five components f		for a reimbursal	ble meal)			
	TUESDAY	Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-		
	Entrán	Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ou		
	Entree:	Meat/meat alternates		-			
	Turkey and Chaose Enchilada	Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ound		
		Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ound		
	2 Cacil –	Cheese	1 ounce	1 ½ ounce	2 ound		
	2 oz eg grain	Large egg	15	3⁄4	1		
		Cooked dry beans or peas	¼ cup	⅔ cup	1⁄2 cup		
Did we offer enough of each component for ages 13–18 for 	2 oz meat/meat alternate	Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbs		
	Fruit	Yogurt, plain or flavored	4 ounces or	6 ounces or	8 oun ce		
		unsweetened or sweetened <sup>5</sup>	½ cup	34 cup	1 cup		
Did we offer enough of each component for ages 13–18 for the day?1/4 cup watermelon 1/4 cup pineapple 1/2 cup strawberries 	<sup>1</sup> / <sub>4</sub> cup watermelon <sup>1</sup> / <sub>4</sub> cup pineapple <sup>1</sup> / <sub>2</sub> cup strawberries	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	½ ounce = 50%	% ounce = 50%	1 ounce =		
	5	nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)					
		Vegetables <sup>6</sup>	½ cup	<sup>1</sup> /4 cup	1⁄2 cup		
	¾ cup vegetable	Fruits <sup>6,7</sup>	½ cup	%icup	Má cup		
	1 3	Grains (oz eq) <sup>8,9</sup>					
	Milk:	Whole grain-rich or enriched bread	½ slice	½ slice	1 slice		
	1 cup fat-free unflavored	Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 servi		
	1 cup fat-free chocolate <b>1 cup milk</b>	Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¥сир	¼ cup	½ cu		

Ages 6-12

8fluid ounces

2 ounces

2 ounces

2 ounces

½ cup

4 tbsp

8 ounces or

1 cup

1 ounce = 50%

½ cup

¼ cup

1 slice

1 serving

15 cup

Ages 13-18<sup>2</sup> Inters ketterschool programs and a margancy shahars

8 fluid ounces

2 ounces

2 ounces

2 ounces

1

15 cup

4 tbsp

8 ounces or

1 cup

1 oun œ = 50%

1/2 cup

¼ cup

1 slice

1 serving

1⁄2 cup

51

2 each or 2 oz eq grains

#### Meeting the Daily Requirements: Grains

	(Select all five components for a reimbursable meal)					
TUESDAY					Acres 42 40 <sup>2</sup>	
TOLSDAT	Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> https://www.ages.com/programs and emergency shellers/	
Entralia	Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid ounces	
Entrée:	Meat/meat alternates					
Turkey and Chaose Enchilada.	Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces	
Turkey and Cheese Enchilada: 2 each =	Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounces	
2 Cacil –	Cheese	1 ounce	1 ½ ounce	2 ou nœs	2 ounces	
2 oz eq grain	Largeegg	35	34	1	1	
	Cooked dry beans or peas	‰ cup	³∕₂ cup	½ cup	½ cup	
2 oz meat/meat alternate	Peanut butter or soy nut					
	butter or other nut or seed	2 tbsp	3 tbsp	4 tbsp	4 tbsp	
Fruit:	butters		-	-		
FIUIL:	Yogurt, plain or flavored	4 ounces or	6 ounces or	8 ounces or	8 ounces or	
fruit salad	unsweeten ed or sweeten ed	½ cup	<u>¾</u> cup	1 cup	1 cup	
<sup>1</sup> / <sub>4</sub> cup watermelon <sup>1</sup> / <sub>4</sub> cup pineapple <sup>1</sup> / <sub>2</sub> cup strawberries <b>1 cup fruit</b>	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	% ounce = 50%	% ounce = 50%	1 ounce =50%	1 ounce = 50%	
Vegetable: refried beans	nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)					
2/ 11	Vegetables <sup>6</sup>	½ cup	1/4 cup	½ cup	½ cup	
¾ cup vegetable	Fruits <sup>5,7</sup>	½ cup	%icup	¼ cup	14 cup	
	Grains (oz eq) <sup>8,9</sup>		1			
Milk:	Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice	
1 cup fat-free unflavored	Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 servine	
1 cup fat-free chocolate 1 cup milk	Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¼ cup	¥ cup	½ cup	½ cup	

Lunch and Supper

2 each or 2 oz eq meat/meat alternate



#### Meeting the Daily Requirements: Meat/Meat Alternate

	Lunch and Supper						
	(Select all f	ive components	for a reimbursab	le meal)			
TUESDAY	Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> lat risk afterschool program and a margan cyshelters (		
E atuá a	Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid ounces		
Entrée:	Meat/meat alternates						
Turkey and Chaoca Enchilada	Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces		
Turkey and Cheese Enchilada:	Tofu, soy product, or	1 ounce	1% ounce	2 ounces	2 ounc		
2 each =	alternate protein products <sup>4</sup>	Tounce			2 Guile		
2 cuch –	Cheese	1 ounce	1 ½ ounce	2 ounces	2 des		
2 oz eq grain	Large egg	15	34	1	1		
	Cooked dry beans or peas	¼ cup	⅔ cup	½ cup	½ cup		
2 oz meat/meat alternate	Peanut butter or soy nut	0.4	0.41				
	butter or other nut or seed	2 tbsp	3 tbsp	4 tbsp	4 tbsp		
Fruic	butters Yogurt, plain or flavored	4 ounces or	6 ounces or	8 ounces or	8 ounces or		
1101.	unsweetened or sweetened	4 ounces or ½ cup	oouncesor ¾ αup	a ounces or 1 cup	a ounces or 1 cup		
fruit salad	The following may be used	2 cup	74 WP	I cup	I cup		
	to meet no more than 50%						
1/4 cup watermelon	of the requirement:						
•	Peanuts, soy nuts, tree						
¼ cup pineapple	nuts, or seeds, as listed						
14 augustrouberries	in program guidance, or		34 ounce =	1 ounce = 50%	1 ounce = 50		
1/2 cup strawberries	an equivalent quantity of	½ ounce =					
1 cup fruit	any combination of the	50%	50%				
i cop non	above meat/meat						
	alternates (1 ounces of						
Vegetable:	nuts/seeds =1 ounce of						
5	cooked lean meat,						
refried beans	poultry, or fish)	16	17				
34 cup vogotabla	Vegetables <sup>6</sup> Fruits <sup>6,7</sup>	½ cup ⅓ cup	<sup>1</sup> /4 cup	½ cup	1/2 cup		
<sup>3</sup> ⁄4 cup vegetable	Grains (oz eq) <sup>8,9</sup>	78 Cup	% cup	14 cup	‰icup		
	Whole grain-rich or						
Milk:	enriched bread	½ slice	½ slice	1 slice	1 slice		
	Whole grain-rich or enriched						
1 cup fat-free unflavored	bread product, such as biscuit, roll	½ serving	½ serving	1 serving	1 serving		
•	or muffin			2.000.000			
1 cup fat-free chocolate	Wholegrain-rich, enriched						
1 cup milk	or fortified cooked breakfast	¥καup	%icup	½ cup	½ cup		
	cereal <sup>10</sup> , cereal grain, and/or pasta				-		

	-			Lunch and			
		TUESDAY	(Select all Food Components and Food Items <sup>1</sup>	five components Ages 1-2	for a reimbursab Ages 3-5	le meal) Ages 6-12	Ages 13-15 Jet riskefterschool pr and a mergency she
		<b>F</b> atrás	Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid oun
		Entrée:	Meat/meat alternates				
		Turkey and Cheese Enchilada:	Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounce
		2 each =	Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounc
			Cheese	1 ounce	1 ½ ounce	2 ounces	2 08
		2 oz eq grain	Large egg	15	34	1	1
			Cooked dry beans or peas	% cup	⅔ cup	½ cup	1/2 cup
		2 oz meat/meat alternate	Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbs
		Fruit:	Yogurt, plain or flavored	4 ounces or	6 ounces or	8 oun œs or	8 ounce
		fruit salad	unsweetened or sweetened <sup>5</sup>	½ cup	34 cup	1 cup	1 cu
		<sup>1</sup> / <sub>4</sub> cup watermelon <sup>1</sup> / <sub>4</sub> cup pineapple <sup>1</sup> / <sub>2</sub> cup strawberries <b>1 cup fruit</b>	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	½ ounce = 50%	¾ ounce = 50%	1 ounce =50%	1 ounce =
	1 cup fruit	Vegetable: refried beans	nuts/sæds =1 ounce of cooked lean meat, poultry, or fish)				
		2/	Vegetables <sup>6</sup>	½ cup	<sup>1</sup> / <sub>4</sub> cup	½ cup	½ cup
		¾ cup vegetable	Fruits <sup>6.7</sup>	½ cup	% cup	1xí cup	Q
		Milk:	Grains (oz eg) <sup>8.9</sup> Whole grain-rich or enriched bread	1½ slice	½ slice	1 slice	1 slic
		1 cup fat-free unflavored	Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 servi
K	K	1 cup fat-free chocolate <b>1 cup milk</b>	Wholegrain-rich, enriched or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	14 cup	¼ cup	½ cup	½ cu

¾ с∪р vegetable

#### Meeting the Daily Requirements: Vegetable

		Lunch and	Supper			
	(Select all five components for a reimbursable meal)					
TUESDAY	Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> Jet ris kefferschool programs and erne gency shelters (	
Entrée:	Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid ounces	
Entree:	Meat/meat alternates					
Turkey and Cheese Enchilada:	Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces	
2 each =	Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ou nœs	2 ounc	
2 Cacil –	Cheese	1 ounce	1 ½ ounce	2 ounces	2 ces	
2 oz eq grain	Largelegg	35	3∕4	1	1	
	Cooked dry beans or peas	‰ cup	¾ cup	½ cup	½ cup	
2 oz meat/meat alternate	Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp	
Fruit:	Yogurt, plain or flavored	4 ounces or	6 ounces or	8 ounces or	8 ounces or	
	unsweetened or sweetened <sup>5</sup>	1/2 cup	34 cup	1 cup	1 cup	
fruit salad <sup>1</sup> / <sub>4</sub> cup watermelon <sup>1</sup> / <sub>4</sub> cup pineapple <sup>1</sup> / <sub>2</sub> cup strawberries <b>1</b> cup fruit	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	½ ounce = 50%	% ounce = 50%	1 ounce =50%	1 ounce = 50%	
Vegetable: refried beans	nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)					
, enteu bealts	Vegetables <sup>6</sup>	½ cup	<sup>1</sup> /4 cup	½ cup	d), d	
¾ cup vegetable	Fruits <sup>57</sup>	½ cup	% cup	% cup	C α	
/+ cop regetable	Grains (oz eq) <sup>8,9</sup>	•	I			
Milk:	Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice	
1 cup fat-free unflavored 1 cup fat-free chocolate	Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 servine	
<b>1 cup milk</b>	Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¥cup	¼ cup	½ cup	½ cup	

oh and Sunn

And we can't forget the milk!

## Meeting the Daily Requirements: Milk

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

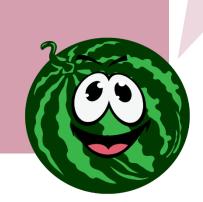
Fruit: fruit salad <sup>1</sup>/<sub>4</sub> cup watermelon <sup>1</sup>/<sub>4</sub> cup pineapple <sup>1</sup>/<sub>2</sub> cup strawberries **1 cup fruit** 

Vegetable: refried beans ¾ cup vegetable

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

(Soloct all	Lunch and five components		le meal)	
Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> http://www.ageschoolpr and a magency 2
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 f <sup>r</sup> id rouces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounc
Cheese	1 ounce	1 ½ ounce	2 ounces	2 Jes
Largelegg	15	34	1	I
Cooked dry beans or peas	1× cup	⅔ cup	½ cup	½ cup
P eanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored	4 ounces or	6 ounces or	8 ounces or	8 ounces or
unsweetened or sweetened <sup>5</sup>	½ cup	¾ cup	1 cup	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)	% ounce = 50%	% ounce = 50%	1 ounce =50%	1 ounce = 50%
Vegetables <sup>6</sup>	½ αup	<sup>1</sup> / <sub>4</sub> cup	½ cup	dp x
Fruits <sup>6,7</sup>	½ cup	1xí cup	1xícup	
Grains (oz eq) <sup>8,9</sup> Whole grain-rich or		1	1	
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
Wholegrain-rich, enriched or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	% cup	¼ cup	½ cup	½ cup





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

	Lunch and Supper				
THECDAY	· · · · · · · · · · · · · · · · · · ·	five components	for a reimbursab	· · · · · · · · · · · · · · · · · · ·	1
TUESDAY	Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup>  et riskafterschool promises and a magancy states
Fratrica	Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 f <sup>r</sup> id r <b>i</b> ces
Entrée:	Meat/meat alternates				
Turkey and Chaose Enchilada	Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Turkey and Cheese Enchilada: 2 each =	Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounc
2 Cacil –	Cheese	1 ounce	1 ½ ounce	2 ounces	2 ces
2 oz eq grain	Largelegg	1/2	34	1	1
	Cooked dry beans or peas	1xicup	³∕s cup	½ cup	½ cup
2 oz meat/meat alternate	Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Fruit:	Yogurt, plain or flavored	4 ounces or	6 ounces or	8 ounces or	8 ounces or
	unsweetened or sweetened <sup>5</sup>	½ cup	¾ cup	1 cup	1 cup
fruit salad ¼ cup watermelon ¼ cup pineapple ½ cup strawberries <b>1 cup fruit</b>	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	½ ounce = 50%	¾ ounce = 50%	1 ounce =50%	1 ounce = 50%
Vegetable: refried beans	nuts/seeds =1 ounce of cooked lean meat, poultry, or fish)				
3/ augustatabla	Vegetables <sup>6</sup> Fruits <sup>6,7</sup>	½ cup	<sup>1</sup> / <sub>4</sub> cup	½ cup	A dp
¾ cup vegetable		½ cup	%icup	1xí cup	
Milk:	Grains (oz eq) <sup>8,9</sup> Whole grain-rich or enriched bread	% slice	½ slice	1 slice	1 slice
1 cup fat-free unflavored	Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
1 cup fat-free chocolate <b>1 cup milk</b>	Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Lunch and Suppor

#### Menu Planner: Tuesday

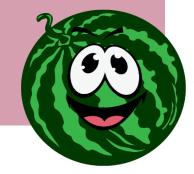
	Brown Rice	Tortilla (in enchilada)
		(in encintual)
Grains:	Serving Size: 1 cup = <u>2 oz eq</u>	Serving Size: <u>2 each =2 oz eq</u>
	Beef Teriyaki	Turkey and Cheese
Meat/Meat	Serving Size:	<b>(in enchilada)</b> Serving Size:
Alternate:	<u>4 beef strips = 2 oz</u>	<u>2 each = 2 oz</u> Fruit Salad
Fruit:	Mandarin Oranges Serving Size: 1 cup	Serving Size: 1 <u>cup</u>
	Broccoli	Refried Beans
Vegetable:	Serving Size: <u>1 cup</u>	Serving Size: <u>¾ cup</u>
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.





#### 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).

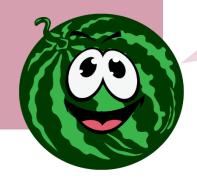
I will need to refer to the recipe, Nutrition Facts Label, Exhibit A from the Food Buying Guide, a CN Label, or a Product Formulation Statement to determine how my fish sticks credit towards the meal pattern.

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



#### **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.

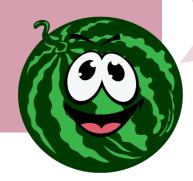
#### WEDNESDAY

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



#### 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

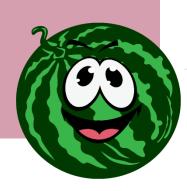
1 oz whole-grain dinner roll = 1 oz eq grain

Fruit: apple slices

1 cup fruit

Vegetable: French fries

1 cup vegetable



Planning the Milk

Last but not least, we'll plan our 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

ng the	Did we offer enough of
lenu	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

(Select all	Lunch and five components		de meal)	
Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> Jet ris kefferschool progre and arma gancy shalters
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid 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 <sup>4</sup>	1 ounce	1 ½ ounce	2 ou nœs	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ou nœs	2 ounces
Largelegg	1/2	34	1	1
Cooked dry beans or peas	1xicup	⅔ 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	4 ounces or	6 ounces or	8 ounces or	8 ounces or
unsweetened or sweetened <sup>5</sup>	½ cup	¾ cup	1 cup	1 cup
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)	% ounce = 50%	% ounce = 50%	1 ounce =50%	1 ounce = 50%
Vegetables <sup>6</sup>	<u>½ cup</u>	<sup>1</sup> / <sub>4</sub> cup	½ cup	½ cup
Fruits <sup>6,7</sup>	½ cup	%icup	1xí cup	14 cup
Grains (oz eq) <sup>8.9</sup> 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
Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¥сар	¼ cup	½ cup	½ cup

Continue

			Tofu, soy product, or	1 ounce	1 ½ ounce	2 ounces	
		1 oz eq grain	alternate protein products <sup>4</sup>				<u> </u>
		a ar maat/maat altarnata	Cheese	1 ounce	1 ½ ounce	2 ounces	<u> </u>
		2 oz meat/meat alternate	Large egg	15	34	1	<u> </u>
			Cooked dry beans or peas	14 cup	⅔ cup	½ cup	
			Peanut butter or soy nut	Í			
		1 oz v hole-grain dinner roll =	butter or other nut or seed	2 tbsp	3 tbsp	4 tbsp	1
			butters	· · · · · · · · · · · · · · · · · · ·			
		1 oz eq grain	Yogurt, plain or flavored	4 ounces or	6 ounces or	8 ounces or	1
ηατηρ			unsweetened or sweetened <sup>®</sup>	½ cup	¾ cup	1 cup	
ng the Ienu		1	The following may be used	i '			
<b>–</b>		Fruit:	to meet no more than 50%	i '			
			of the requirement:	i '			
ienii		apple slices	Peanuts, soy nuts, tree	i '			
			nuts, or seeds, as listed	i '			
			in program guidance, or an equivalent quantity of	½ ounce =	¾ ounce =	1 ounce = 50%	1 1
		a cup fruit	any combination of the	50%	50%	1 Junce - 30%	. 1
		1 cup fruit	above meat/meat	i '			1
			alternates (1 ounces of	i '			1
		Vegetable:	nuts/seeds =1 ounce of	í '			
		5	cooked lean meat,	í '			
		French fries	poultry, or fish)	i i			1
			Vegetables <sup>6</sup>	½ cup	<sup>1</sup> /4 cup	½ cup	
	2 oz eq grains		Fruits <sup>6.7</sup>	½ cup	14 cup	% cup	
	13		Grains (oz eq) <sup>8,9</sup>				
		1 cup vegetable	Whole grain-rich or	i			
	Check!		enriched bread	½ slice	½ slice	1 slice	
		Milk:	Whole grain-rich or enriched	i			
		IVIIIN.	bread product, such as biscuit, roll	½ serving	½ serving	1 serving	
		1 cup fat-free unflavored	or muffin				1
		•	Wholegrain-rich, enriched	í			
		1 cup fat-free chocolate	or fortified cooked breakfast	1xicup	14 cup	½ cup	1
			cereal <sup>10</sup> , cereal grain, and/or pasta				
			<u> </u>				
		1 cup milk					
	, ,						

#### Meeting the Daily Requirements: Grains

**WEDNESDAY** 

Entrée:

Fish Sticks- 4 each

Lunch and Supper (Select all five components for a reimbu<u>rsable meal)</u>

4 fluid ounces 6 fluid ounces

Ages 3-5

1 ½ ounce

Ages 6-12

8fluid ounces

2 ounces

Ages 13-18<sup>2</sup>

jet riskafterschoolprograms and emergency shelters

8 fluid ounces

2 ounces 2 ounces 2 ounces 1 ½ cup 4 tbsp

8 ounces or 1 cup

1 ounce = 50%

½icup %icup

1 slice

servir

15 cup

Ages 1-2

1 ounce

Food Components and Food Items<sup>1</sup>

Fluid Milk<sup>3</sup>

Meat/meat alternates

Lean meat, poultry, or fish

2 oz meat/meat alternate
Check!

#### Meeting the Daily Requirements: Meat/Meat Alternate

Lunch and Supper					
WEDNESDAY	(Select all	five components	for a reimbursat	le meal)	
WEDNESDAT	Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> http://www.ages.com/programs and emergency shelters/
Entrée:	Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid ounces
	Meat/meat alternates				
Fish Sticks- 4 each	Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
ı oz eq grain	Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ng
	Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
2 oz meat/meat alternate	Largeegg	15	34	1	1
	Cooked dry beans or peas	1xicup	⅔ cup	½ cup	½ cup
1 oz whole-grain dinner roll =	Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
1 oz eq grain	Yogurt, plain or flavored	4 ounces or	6 ounces or	8 ounces or	8 ounces or
I OZ EQ grann	unsweetened or sweetened <sup>®</sup>	½ cup	¾ cup	1 cup	1 cup
Fruit: apple slices <b>1 cup fruit</b> Vegetable: French fries	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)	% ounce = 50%	% ounce = 50%	1 ounce =50%	1 ounce = 50%
	Vegetables <sup>6</sup>	½ cup	<sup>1</sup> /4 cup	½ cup	1½ cup
	Fruits <sup>6,7</sup>	½ cup	‰ cup	%icup	1xícup
1 cup vegetable	Grains (oz eq) <sup>5,9</sup> Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Milk: 1 cup fat-free unflavored	Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 servine
1 cup fat-free chocolate	Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
1 cup milk					

Entrée:       Fish Sticks - 4 each       1 oz eq grain       2 oz meat/meat alternate         1 oz whole-grain dinner roll =       1 oz whole-grain dinner roll =       1 oz eq grain         1 oz whole-grain dinner roll =       1 oz eq grain         1 oz whole-grain dinner roll =       1 oz eq grain         1 oz whole-grain dinner roll =       1 oz eq grain         1 oz whole-grain dinner roll =       1 oz eq grain         1 oz whole-grain dinner roll =       1 oz eq grain         Fruit:       apple slices         i.up fruit:       1 cup fruit         Yes! That's plenty!       1 cup vegetable         Milk:       1 cup vegetable         French fries       1 cup fat-free unflavored         1 cup fat-free chocolate       1 serving         Yeseller:       1 serving         1 cup fat-free chocolate       1 serving	Meeting	the Daily Requirement	s: Fruit				
WEDNESDAY         Entrée:         Entrée:         Fish Sticks- 4 each         1 oz eq grain         2 oz meat/meat alternate         1 oz whole-grain dinner roll =         1 oz whole-grain dinner roll =         1 oz whole-grain dinner roll =         1 oz eq grain         1 oz whole-grain dinner roll =         1 oz eq grain         Fruit:         apple slices         1 cup fruit         Yegetable:         French fries         1 cup vegetable         French fries         Milk:         1 cup fat-free unflavored         1 cup fat-free chocolate			6 - I t - II			- I IX	
I cup fruit       Yes! That's plenty! <ul> <li>Furth free unflavored 1 cup fat-free unflavored 1 cup fat-free chocolate</li> </ul> <ul> <li>Furth free chocolate</li> </ul> <ul> <li>Furth free cup factore chocolate</li> </ul> <ul> <li>Furth free chocolate</li> </ul> <ul> <li>Furth free cup factore chocolate</li> <li>Furth free chocolate<!--</th--><th></th><th>WEDNESDAY</th><th></th><th></th><th>1</th><th>· · · · · · · · · · · · · · · · · · ·</th><th>Ages 13-18<sup>2</sup> Intrikations hool programs</th></li></ul>		WEDNESDAY			1	· · · · · · · · · · · · · · · · · · ·	Ages 13-18 <sup>2</sup> Intrikations hool programs
1 cup milk	Yes! That's	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	Meat/meat alternates         Lean meat, poultry, or fish         Tofu, soy product, or         alternate protein products <sup>4</sup> Cheese         Large egg         Cooked dry beans or peas         Peanut butter or soy nut         butter or other nut or seed         butters         Yogurt, plain or flavored         unsweet en ed or sweetened <sup>5</sup> 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         above meat/meat         alternates (1 ounces of         nuts/seeds = 1 ounce of         cooked lean meat,         poultry, or fish)         Vegetables <sup>6</sup> Fruits <sup>8,7</sup> Grains (oz eg) <sup>8,8</sup> Whole grain-rich or enriched         bread product, such as biscuit, roll         or muffin         Whole grain-rich, enriched         orted product, such as biscuit, roll	1 ounce 1 ounce 1 ounce ½ cup 2 tbsp 4 ounces or ½ cup ½ ounce = 50% ½ cup ½ cup ½ slice ½ serving	1 ½ ounce 1 ½ ounce 34 34 cup 3 tbsp 6 ounces or 34 cup 3 to sp 6 ounces or 34 cup 34 ounce = 50% 34 cup 34 cup 34 cup 34 cup 34 cup 34 cup 34 cup	2 ounces 2 ounces 2 ounces 1 % cup 4 tbsp 8 ounces or 1 cup 1 ounce =50% % cup % cup % cup 1 slice 1 serving	8 fluid ounces 2 ounces 2 ounces 2 ounces 1 ½ cup 4 tbsp 8 ounces or 1 cup 1 ounce = 50%
		1 cup milk					

	· ·	Lunch and Supper (Select all five components for a reimbursable meal)				
	WEDNESDAY			1		
	WEDNESDAT	Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> lat risk afterschool programs and a margancy shafters
	Entrée:	Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid ounces
		Meat/meat alternates				
	Fish Sticks- 4 each	Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
	1 oz eq grain	Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ou nœs	2 mp
		Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
	2 oz meat/meat alternate	Largeegg	35	34	1	1
		Cooked dry beans or peas	‰ cup	⅔ cup	½ cup	½ cup
		Peanut butter or soy nut				
	1 oz whole-grain dinner roll =	butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
	1 oz eq grain	Yogurt, plain or flavored	4 ounces or	6 ounces or	8 ounces or	8 ounces or
	r oz eg grann	unsweetened or sweetened	½ cup	∛4 cup	1 cup	1 cup
1 cup vegetable Check!	Fruit: apple slices <b>1 cup fruit</b> Vegetable:	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	½ ounce = 50%	% ounce = 50%	1 ounce =50%	1 ounce = 50%
	French fries	nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish) Vegetables <sup>6</sup>	½ cup	<sup>1</sup> /4 cup	½ cup	k "p
		Fruits <sup>6,7</sup> Grains (oz egi <sup>8,9</sup>	½ cup	1xí cup	¼ cup	<u> </u>
	1 cup vegetable	Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
	Milk: 1 cup fat-free unflavored	Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 servine
	1 cup fat-free chocolate	Wholegrain-rich, enriched or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¥αp	ሄ cup	½ cup	½ cup
	1 cup milk					

Meeting the Daily Requirements: Vegetable

#### 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 of milk

We can check that too!

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 <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> http://www.agency.com/ag		
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fill (r , ices		
Meat/meat alternates						
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces 🦯		
Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 mr		
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces		
Largeegg	15	3/4	1	1		
Cooked dry beans or peas	1xicup	³∕₂ 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 sweetened⁵	4 ounces or ½ cup	6 ouncesor 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)	% ounce = 50%	% ounce = 50%	1 ounce =50%	1 ounce = 50%		
Vegetables <sup>6</sup>	½ cup	<sup>1</sup> / <sub>4</sub> cup	½ cup	<u>k</u> p		
Fruits <sup>57</sup>	½ cup	‰ cup	%icup	×.α.		
<b>Grains (oz eq)<sup>8,9</sup></b> Whole grain-rich or enriched bread	½ slice	1⁄2 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 servine		
Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	% cup	¼ cup	½ cup	½ cup		

#### 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					
	five components				
Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> Int ris katterschool proving and emergency 2003	
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fl r ices	
Meat/meat alternates					
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces	
Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 mr	
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces	
Largelegg	15	34	1	1	
Cooked dry beans or peas	1xicup	⅔ 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 sweetened⁵	4 ounces or ½ cup	6ouncesor ¾cup	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)	% ounce = 50%	% ounce = 50%	1 ounce =50%	1 oun ce = 50%	
Vegetables <sup>6</sup>	½ cup	<sup>1</sup> / <sub>4</sub> cup	½ cup	<u>k</u> .p	
Fruits <sup>67</sup>	½ cup	‰ cup	%icup	× α	
Grains (oz eq) <sup>8,9</sup> 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 servine	
Wholegrain-rich, enriched orfortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/orpasta	% 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.

	Monday	Tuesday	Wednesday
	Brown Rice	Tortilla (in enchilada)	<b>Breading on Fish</b> Serving Size: <u>1 oz eq</u> <b>Dinner Roll</b>
	Serving Size:	Serving Size:	Serving Size:
Grains:	1 CUP = <u>2 OZ eq</u>	<u>2 each =2 oz eq</u>	<u>1 oz eq</u>
	Beef Teriyaki	Turkey and Cheese	Fish Sticks
Meat/Meat	Serving Size:	(in enchilada)	
Alternate:	5	Serving Size:	Serving Size:
Alternate:	<u>4 beef strips = 2 oz</u>	<u>2 each = 2 oz</u>	<u>4 each = 2 oz</u>
Fruit:	<b>Mandarin Oranges</b> Serving Size: <u>1 cup</u>	Fruit Salad Serving Size: 1 <u>.cup</u>	Apple Slices Serving Size: 1 <u>cup</u>
	Broccoli	Refried Beans	French Fries
Vegetable:	Serving Size: 1 cup	Serving Size: ¾ <u>cup</u>	Serving Size <u>1 cup</u>
	FF Unflavored FF Chocolate	FF Unflavored FF Chocolate	FF Unflavored FF Chocolate
Milk:	Serving Size: <u>1 cup</u>	Serving Size: 1 cup	Serving Size: <u>1 cup</u>

Menu Planner: Wednesday

Does your menu planner look like this?





#### 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.

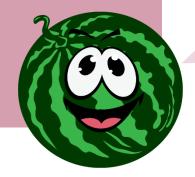
Now let's add our pasta! According to Exhibit A in the Food Buying Guide, 1 oz eq = ½ cup cooked pasta. I'm going to serve ¾ cup cooked pasta with our chicken to ensure we are offering enough food to these older children.

#### THURSDAY

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

pasta

1.5 oz eq grain



#### **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** 



### **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 ¼ cup tomato. Raw, leafy greens credit as half the volume served. In this case, our 1 cup of romaine lettuce would credit as ½ 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 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 ¼ cup vegetable (sauce)

Fruit: fresh red grapes **1 cup fruit** 

Vegetable: romaine lettuce 1/2 cup vegetable tomato 1/4 cup vegetable

### 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 <sup>1</sup>/2 cup vegetable tomato <sup>1</sup>/4 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 ½ 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 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.
- No. The menu planner would need to plan more tomato sauce. In order to plan multiple vegetables, each vegetable must credit as at least ½ cup.

The minimum amount that can credit towards the vegetable requirement is 1/8 cup.



## Meeting the Daily Requirements

#### THURSDAY

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

#### pasta

Did we offer

enough of

each

component for ages 13–18 for

the day?

Let's review!

1.5 oz eq grain ¼ cup vegetable (sauce)

Fruit: fresh red grapes **1 cup fruit** 

Vegetable: romaine lettuce

<sup>1</sup>/<sub>2</sub> cup vegetable tomato

¼ cup vegetable

Milk:

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

	Lunch and			
(Select all Food Components and Food Items <sup>1</sup>	five components Ages 1-2	for a reimbursab Ages 3-5	le meal) Ages 6-12	Ages 13-18 <sup>2</sup> Intri kafte school programs
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid ounces
Meat/meatalternates	4 Hald Ballees	o nata ounces	onale ballees	o haid ballee
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ou nœs	2 ounces
Largeegg	1/2	34	1	1
Cooked dry beans or peas	1xicup	⅔ 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	4 ounces or	6 ounces or	8 ounces or	8 ounces or
unsweetened or sweetened <sup>5</sup>	½ cup	34 cup	1 cup	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)	% ounce = 50%	% ounce = 50%	1 ounce =50%	1 ounce = 50%
Vegetables <sup>6</sup>	½ cup	<sup>1</sup> /4 cup	½ cup	½ cup
Fruits <sup>6,7</sup>	½ cup	%icup	‰ cup	14 cup
Grains (oz eq) <sup>8,9</sup>				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or en riched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Wholegrain-rich, enriched or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¥ cup	¥ cup	½ cup	½ cup

2.25 oz eq grains... Check!

## Meeting the Daily Requirements: Grains

#### THURSDAY

Entrée: Chicken Parmesan - 1 each .75 oz eq grain 2.25 oz meat/meat alternate pasta 1.5 oz eq grain ¼ cut vegetable (sauce)

Fruit: fresh red grapes 1 cup fruit

Vegetable: romaine lettuce <sup>1</sup>/2 cup vegetable tomato <sup>1</sup>/4 cup vegetable

Milk:

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

(Colort all	Lunch and five components			
Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> (at risk afterschool program and a margancy shafters)
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid 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 <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Largelegg	1/2	34	1	1
Cooked dry beans or peas	1xicup	⅔ 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	4 ounces or	6 ounces or	8 ounces or	8 ounces or
unsweetened or sweetened <sup>5</sup>	½ cup	¾ cup	1 cup	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)	% ounce = 50%	% ounce = 50%	1 ounce =50%	1 ounce = 50%
Vegetables <sup>6</sup>	½ cup	1/4 cup	½ cup	½ cup
Fruits <sup>6,7</sup>	½ cup	%icup	‰ cup	14 cup
Grains (oz eq) <sup>8,9</sup>		I	r	I
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. ing
Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¥ cup	¼ cup	½ cup	½ cup

## 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 each or 2.25

oz meat/meat

alternate

Check!

1.5 oz eq grain ¼ cup vegetable (sauce)

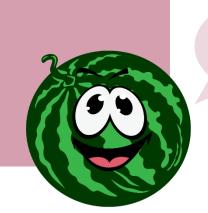
Fruit: fresh red grapes **1 cup fruit** 

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		le meal)	
Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> http://www.ages.com/programs and a magency shafe si
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid ouncer
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 11 25
Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	1/2	34	1	1
Cooked dry beans or peas	¥ αup	⅔ 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	4 ounces or	6 ounces or	8 ounces or	8 ounces or
unsweetened or sweetened <sup>5</sup>	½ cup	¾ cup	1 cup	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)	% ounce = 50%	34 ounce = 50%	1 ounce =50%	1 ounce = 50%
Vegetables <sup>6</sup>	½ cup	<sup>1</sup> /4 cup	½ cup	½ cup
Fruits <sup>6,7</sup>	½ cup	‰ cup	%a cup	1xícup
Grains (oz eq) <sup>8,9</sup>				
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 . mg
Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup



## 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: comaine lettuce <sup>1</sup>/2 cup vegetable

tomato

¼ cup vegetable

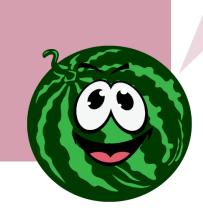
#### Milk:

1 cup fruit

Check!

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

(Solect all	Lunch and five components		le meal)	
Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> Jet riskafte schoolprograms and amage noy she hars
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid ounces
Meat/meat alternates		•		
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 11 25
Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Largelegg	1/2	34	1	1
Cooked dry beans or peas	1xicup	⅔ 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	4 ounces or	6 ounces or	8 ounces or	8 ounces or
unsweetened or sweetened <sup>5</sup>	½ cup	¾ cup	1 cup	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)	% ounce = 50%	34 ounce = 50%	1 ounce =50%	1 ounce = 50%
Vegetables <sup>6</sup>	½ cup	<sup>1</sup> /4 cup	½ cup	½ cup 🥢
Fruits <sup>6,7</sup>	½ cup	% cup	%icup	1K cur
Grains (oz eq) <sup>8.9</sup> 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 s mg
Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¼ cup	¥ cup	½ cup	ሄ cup



## Meeting the Daily Requirements: Vegetable

#### THURSDAY

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

#### pasta

At least 1/2

сир

vegetable

total... I planned 1

cup!

Check!

1.5 oz eq grain 1.5 vegetable (sauce)

Fruit: fresh red grapes **1 cup fruit** 

Vegetable: romaine lettuce

<sup>1</sup>/<sub>2</sub> 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)					
				7		
Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> https://www.ages.com/picers/ and emergency shellers/		
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid ouncer		
Meat/meat alternates						
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 W 25		
Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounces		
Cheese	1 ounce	1 ½ ounce	2 ou nœs	2 ounces		
Largelegg	15	34	1	1		
Cooked dry beans or peas	14 cup	⅔ cup	½ cup	½ cup		
Peanut butter or soy nut	· · · · ·	•	I	<b>I</b>		
butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp		
Yogurt, plain or flavored	4 ounces or	6 ounces or	8 ounces or	8 ounces or		
unsweetened or sweetened <sup>5</sup>	½ cup	34 cup	1 cup	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)	% ounce = 50%	% ounce = 50%	1 ounce =50%	1 ounce = 50%		
Vegetables	½ cup	<sup>1</sup> /4 cup	½ cup	5 up		
Fruits <sup>6,7</sup>	½ cup	%icup	14 cup	Kair		
Grains (oz eq) <sup>8,9</sup>		1				
Whole grain-rich or	½ slice	½ slice	1 slice	1 slice 🔺		
enriched bread						
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 y ng		
Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	% cup	¥ cup	½ cup	½ cup		

# *Completing Weekly Mer*

		Entrée: Chicken Parmesan - 1 each .75 oz eq grain 2.25 oz meat/meat alternate
, the		pasta 1.5 oz eq grain ¼ cup vegetable (sauce)
g the nu		Fruit: fresh red grapes <b>1 cup fruit</b>
2000	1 cup milk	Vegetable: romaine lettuce 1/2 cup vegetable tomato 1/4 cup vegetable
		Milk: 1 cup fat-free unflavored 1 cup fat free chocolate <b>1 cup milk</b>
	•	

Meeting	the Daily Requirement	ts: Milk				
	THURSDAY	(Calastal)	Lunch and		le med	
	Entrée:	Food Components and Food Items <sup>1</sup>	five components Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-12 let rikeflerschool wars and engen wiers
		Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 flue uncer
	Chicken Parmesan - 1 each	Meat/meat alternates Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 11 25
	.75 oz eq grain	Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounces
	2.25 oz meat/meat alternate	Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
		Large egg	1/2	3/4	1	1
	pasta	Cooked dry beans or peas Peanut butter or soy nut butter or other nut or seed butters	½ cup 2 tbsp	⅔ cup 3 tbsp	½ cup 4 tbsp	½ cup 4 tbsp
	1.5 oz eq grain	Yogurt, plain or flavored	4 ounces or	6 ounces or	8 ounces or	8 ounces or
	¼ cup vegetable (sauce)	unsweetened or sweetened <sup>5</sup> The following may be used	1½ cup	%icup	1 cup	1 cup
	Fruit: fresh red grapes 1 cup fruit	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	½ ounce = 50%	% ounce = 50%	1 ounce =50%	1 ounce = 50%
1 cup milk	Vegetable: romaine lettuce <b>½ cup vegetable</b>	above meat/meat alternates (1 ounces of nuts/seeds =1 ounce of cooked lean meat, poultry, or fish)				
	1 5	Vegetables <sup>6</sup> Fruits <sup>6,7</sup>	½ cup ½ cup	<sup>1</sup> / <sub>4</sub> cup	½ cup	½ up
	tomato	Grains (oz eq) <sup>8,9</sup>	78 Cup	%icup	1xí cup	<u>K air</u>
	¼ cup vegetable	Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
	Milk:	Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1. mg
	1 cup fat-free unflavored 1 cup fat-free chocolate	Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

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## Meeting the Daily Requirements: Thursday

#### THURSDAY

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

#### pasta

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!

1.5 oz eq grain ¼ cup vegetable (sauce)

Fruit: fresh red grapes **1 cup fruit** 

Vegetable: romaine lettuce

<sup>1</sup>/<sub>2</sub> cup vegetable tomato

<sup>1</sup>/<sub>4</sub> cup vegetable

#### Milk:

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

	Lunch and	Supper		
(Select all 1	five components		le meal)	
Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-19 Intri Kafferschool , nams ander genre sters
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 flu, uncer
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 11 25
Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	15	34	1	1
Cooked dry beans or peas	‰ cup	⅔ 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	4 ounces or	6 ounces or	8 ounces or	8 ounces or
unsweetened or sweetened <sup>5</sup>	½ cup	¾ cup	1 cup	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)	% ounce = 50%	% ounce = 50%	1 ounce =50%	1 oun ce = 50%
Vegetables <sup>6</sup>	½ cup	<sup>1</sup> /4 cup	½ cup	у ир
Fruits <sup>6,7</sup>	½ cup	% cup	‰ cup	Kair
Grains (oz eq) <sup>8,9</sup>				
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 . mg
Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

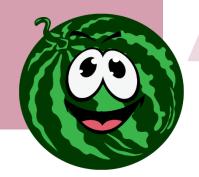
### Menu Planner: Thursday

	Monday	Tuesday	Wednesday	Thursday
	Brown Rice	Tortilla (in enchilada)	Breading on Fish Serving Size: <u>2 oz eq</u> Dinner Roll	Pasta Serving Size: <u>1.5 oz eq</u> Breading on Chicken
Grains:	Serving Size: 1 cup = 2 oz eg	Serving Size: 2 each =2 oz eg	Serving Size: 2 oz eg	Serving Size: <u>.75 oz eq</u>
	Beef Teriyaki	Turkey and Cheese (in enchilada)	Fish Sticks	Chicken and Cheese
Meat/Meat	Serving Size:	Serving Size:	Serving Size:	Serving Size:
Alternate:	<u>4 beef strips = 2 oz</u>	2 each = 2 oz	<u>4 each = 2 oz</u>	<u>2.25 0Z</u>
	Mandarin Oranges	Fruit Salad	Apple Slices	Grapes
Fruit:	Serving Size: <u>1 cup</u>	Serving Size: <u>1 cup</u>	Serving Size: <u>1 cup</u>	Serving Size: 1 <u>cup</u>
Vegetables	Broccoli	Refried Beans	French Fries	Romaine Lettuce Serving size: <u>1/2 cup</u> Tomato (and sauce)
Vegetable:	Serving Size: <u>1 cup</u>	Serving Size: ¾ <u>cup</u>	Serving Size <u>1 cup</u>	Serving Size: <u>½ cup</u>
	FF Unflavored FF Chocolate	FF Unflavored FF Chocolate	FF Unflavored FF Chocolate	FF Unflavored FF Chocolate
Milk:	Serving Size: <u>1 cup</u>	Serving Size: 1 cup	Serving Size: <u>1 cup</u>	Serving Size: <u>1 cup</u>

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!

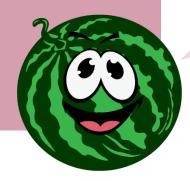
This combination entrée will contribute to the grain, meat/meat alternate and vegetable components. My recipe will include shredded chicken breast, Greek yogurt, chopped celery, chopped onion, romaine lettuce and a whole grain baguette. Of course we will be adding in some curry spices, but these spices 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
<sup>1</sup>⁄<sub>2</sub> cup vegetable (in the salad)



### **Planning the Fruit**

I'm going to plan ½ cup of dried cranberries as my fruit.

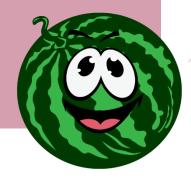
Remember... Dried fruit credits as double the volume, so if I plan 1/2 cup, it will credit as 1 cup!

#### FRIDAY

Entrée: Curry Chicken Salad Sandwich

1.25 oz eq grain
2 oz meat/meat alternate
<sup>1</sup>⁄<sub>2</sub> cup vegetable (in the salad)

Fruit: <sup>1</sup>/<sub>2</sub> cup dried cranberries **1 cup fruit** 



## Planning the Vegetable

Even though we already have <sup>1</sup>/<sub>2</sub> cup vegetable on this day, I'm still going to add another <sup>1</sup>/<sub>2</sub> cup of fresh sliced cucumbers to our menu.

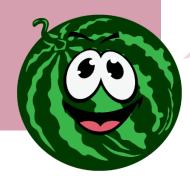
#### FRIDAY

Entrée: Curry Chicken Salad Sandwich

1.25 oz eq grain
2 oz meat/meat alternate
<sup>1</sup>⁄<sub>2</sub> cup vegetable (in the salad)

Fruit: <sup>1</sup>/<sub>2</sub> cup dried cranberries **1 cup fruit** 

Vegetable: fresh sliced cucumbers <sup>1</sup>/2 cup



Planning the Milk

My meal isn't complete without planning my milk!

#### FRIDAY

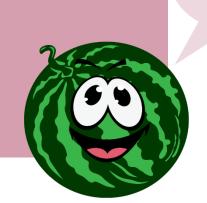
Entrée: Curry Chicken Salad Sandwich

1.25 oz eq grain
2 oz meat/meat alternate
<sup>1</sup>⁄<sub>2</sub> cup vegetable (in the salad)

Fruit: <sup>1</sup>/<sub>2</sub> cup dried cranberries **1 cup fruit** 

Vegetable: fresh sliced cucumbers <sup>1</sup>/2 cup

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



1.25 oz eq grains....

Check!

## Meeting the Daily Requirements: Grains

	(Select all five components for a reimbursable meal)				
FRIDAY	Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> Intrikkefferschoolprograms and emergency shefters
	Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid ounces
Entrée:	Meat/meat alternates				
LINICE.	Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ou nœs	2 ounces
Curry Chicken Salad Sandwich	Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounces
	Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
	Large egg	15	3∕4	1	1
1.25 oz eg grain	Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup
2 02 meat/meat alternate	Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
<sup>1</sup> / <sub>2</sub> cup vegetable (in the salad)	Yogurt, plain or flavored	4 ounces or	6 ounces or	8 ounces or	8 ounces or
	unsweetened or sweetened <sup>®</sup>	½ cup	34 cup	1 cup	1 cup
F.uit: <sup>1</sup> / <sub>2</sub> cup dried cranberries <b>1 cup fruit</b> Vegetable: fresh sliced cucumbers <sup>1</sup> / <sub>2</sub> 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 ounœ = 50%	1 ounce =50%	britiante school poer me endeme en sy ite ite is 8 fluid ounces 2 ounces 2 ounces 2 ounces 1 ½ cup 4 tbsp 8 ounces or
Milk:	Vegetables <sup>6</sup>	½ cup	¼ cup	½ cup	½ cup
IVIIIK:	Fruits <sup>6,7</sup>	½ cup	14 cup	¼ cup	¼ cup
1 cup fat-free unflavored	Grains (oz eq) <sup>8,9</sup>				
1 cup fat-free chocolate	Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
1 cup milk	Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 senr ₅
	Wholegrain-rich, enriched or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¥ αıp	¼ cup	½ cup	½ cup

Lunch and Supper

2 oz meat/r

		(Select all	Lunch and five components		nle meal)	
	FRIDAY	Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> Jet ris kefferschool progra
		Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid ounce
	Entrée:	Meat/meat alternates				
		Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounce
	Curry Chicken Salad Sandwich	Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	U _s
		Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
		Large egg	15	3/4	1	1
	1.25 oz eq grain	Cooked dry beans or peas	‰ cup	³‰ cup	½ cup	½ cup
	2 oz meat/meat alternate	Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
	<sup>1</sup> / <sub>2</sub> cup vegetable (in the salad)	Yogurt, plain or flavored	4 ounces or	6 ounces or	8 oun œs or	8 ounces or
		unsweetened or sweetened <sup>®</sup>	½ cup	¾ cup	1 cup	1 cup
oz meat/meat alternate	Fruit: ½ cup dried cranberries <b>1 cup fruit</b>	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	½ ounce =	% ounce =		
Check!	Vegetable: fresh sliced cucumbers ½ cup	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)	50%	50%	1 ounce =50%	1 oun œ = 50
	Milk:	Vegetables <sup>6</sup>	½ cup	<sup>1</sup> /4 cup	½ cup	½ cup
		Fruits <sup>5,7</sup>	½ cup	‰ cup	% cup	‰ cup
	1 cup fat-free unflavored	Grains (oz eq) <sup>8,9</sup>		1	1	1
	1 cup fat-free chocolate	Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
	1 cup milk	Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	2 sen s
		Wholegrain-rich, enriched or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	14 cup	¼ cup	½ cup	½ cup

#### 90

		TRIDAT
		Entrée: Curry Chicken Salad San
		1.25 oz eq gra 2 oz meat/meat alt ½ cup vegetable (in t
ne I		Fruit: <sup>1</sup> ⁄2 cup dried cranberries <b>1 cup fruit</b>
	1 cup fruit Check!	Vegetable: fresh sliced cucumbers <sup>1</sup> ⁄2 cup
		Milk: 1 cup fat-free unflavored 1 cup fat-free chocolate <b>1 cup milk</b>

#### Meeting the Daily Requirements: Fruit Lunch and Supper (Select all five components for a reimbursable meal) FRIDAY Food Components and Food Items<sup>1</sup> Ages 1-2 Ages 3-5 Ages 6-12 Flu M ndwich ain lternate the salad)

roou components and roou items	46512	~653.73	-6C30-15	and emergency she hers)
Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounce
Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	9 45
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Larg e egg	1/2	3⁄4	1	1
Cooked dry beans or peas	‰cup	⅔ 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	4 ounces or	6 ounces or	8 oun œs or	8 ounces or
unsweetened or sweetened <sup>5</sup>	½ cup	¾ cup	1 cup	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)	% ounce = 50%	% ounce = 50%	1 ounce =50%	1 ounce = 50%
Vegetables <sup>6</sup>	½ cup	<sup>1</sup> /4 cup	½ cup	½ cup 🔺
Fruits <sup>6,7</sup>	½ cup	%icup	%icup	t≨ cup
Grains (oz eq) <sup>8,9</sup>				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or en riched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serv 5
Wholegrain-rich, enriched or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Ages 13-18<sup>2</sup>

25	
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## Meeting the Daily Requirements: Vegetable

1 сир vegetable....

Check!

		Lunch and	i Supper		
		five components	for a reimbursab	le meal)	
FRIDAY	Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> (at risk afterschool programs and a margancy shafters)
	Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid ounces
Entrée:	Meat/meat alternates				
	Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounce
Curry Chicken Salad Sandwich	Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	u es
	Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
	Largeegg	35	34	1	1
1.25 oz eq grain	Cooked dry beans or peas	1xícup	⅔ cup	½ cup	½ cup
2 oz meat/meat alternate	Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
1/2 cup vegetable (in the salad)	Yogurt, plain or flavored	4 ounces or	6 ounces or	8 oun œs or	8 ounces or
	unsweetened or sweetened <sup>5</sup>	½ cup	¾ cup	1 cup	1 cup
Fruit: <sup>1</sup> / <sub>2</sub> cup dried cranberries <b>1 cup fruit</b> Vegetable: fresh sliced cucumbers <sup>1</sup> / <sub>2</sub> 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.	½ ounce = 50%	¾ ounce = 50%	1 ounce =50%	1 ounce = 50%
	poultry, or fish)				
Milk:	Vegetables <sup>6</sup> Fruits <sup>6,7</sup>	½ cup ⅓ cup	<sup>1</sup> / <sub>4</sub> cup	½ cup	
	Fruits" Grains (oz eg) <sup>8,9</sup>	78 Cup	‰ cup	1xí cup	<u>% čup</u>
1 cup fat-free unflavored 1 cup fat-free chocolate	Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
1 cup milk	Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serves
	Wholegrain-rich, enriched or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¥cup	¼ cup	½ cup	½ cup

Lunch and Supper

		FRIDAY	Food Con
		Entrée: Curry Chicken Salad Sandwich	Fluid Milk Meat/mea Lean me Tofu, so alternat Cheese
		1.25 oz eq grain 2 oz meat/meat alternate ½ cup vegetable (in the salad)	Large eg Cooked Peanut B butter o butters Yogurt,
nu		Fruit: ½ cup dried cranberries <b>1 cup fruit</b>	Unsweet The follo to meet of the re Pean nuts, in pr
	1 cup milk	Vegetable: fresh sliced cucumbers ½ cup	an e any i abov alter nuts cook poul
	Check!	Milk: 1 cup fat-free unflavored 1 cup fat-free chocolate 1 cup milk	Vegetable Fruits <sup>\$,7</sup> Grains (oz Whole g enriched Whole g bread p or muffi
			Wholeg orfortifi cereal <sup>10</sup>

## Meeting the Daily Requirements: Milk

(Soloct all	Lunch and five components		le meal)	
Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> http://www.agency.str
Fluid Milk³	4 fluid ounces	6 fluid ounces	8fluid ounces	8 flyid ov 🖉 es
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounce
Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	U es
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Largeegg	1/2	3⁄4	1	1
Cooked dry beans or peas	1xicup	³∕₂ 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 sweetened⁵	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)	% ounce = 50%	% ounce = 50%	1 ounce =50%	1 ounce = 50%
Vegetables <sup>6</sup>	½ cup	1/4 cup	½ cup	, p
Fruits <sup>67</sup>	½ cup	% cup	%icup	<u> Ví cup</u>
Grains (oz eg) <sup>8,9</sup> Whole grain-rich or enriched bread	% slice	1½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	2 sen _s
Wholegrain-rich, enriched or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

Looks like Friday meets all of the daily requirements!

## Meeting the Daily Requirements: Friday

		Lunch and	l Supper		
	(Select all 1	five components	for a reimbursab	le meal)	
FRIDAY	Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> Intriskatterschool programs and ermeigency str
	Fluid Milk <sup>3</sup>	4 fluid ounces	6 fluid ounces	8fluid ounces	8 fluid or Les
Entrée:	Meat/meat alternates				
	Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ou nœs	2 ounce
Curry Chicken Salad Sandwich	Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	U _s
	Cheese	1 ounce	1 ½ ounce	2 ou nœs	2 ounces
	Largelegg	35	3⁄4	1	1
1.25 oz eq grain	Cooked dry beans or peas	1xícup	⅔ cup	½ cup	½ cup
2 oz meat/meat alternate	Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
<sup>1</sup> ⁄2 cup vegetable (in the salad)	Yogurt, plain or flavored	4 ounces or	6 ounces or	8 ounces or	8 ounces or
	unsweetened or sweetened	½ cup	¾ αup	1 cup	1 cup
Fruit: <sup>1</sup> ⁄2 cup dried cranberries <b>1 cup fruit</b>	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	% ounce =	% ounce =		
Vegetable: fresh sliced cucumbers ½ cup	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)	50%	50%	1 ounce =50%	1 ounce = 50%
Milk:	Vegetables <sup>6</sup>	½ cup	1/4 cup	½ cup	½ cup
IVIIIN.	Fruits <sup>6,7</sup>	½ cup	¼ cup	%icup	<u>Ví cup</u>
1 cup fat-free unflavored	Grains (oz eq) <sup>8,9</sup>			r	
1 cup fat-free chocolate	Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
1 cup milk	Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 sen is
	Wholegrain-rich, enrich ed or fortified cooked breakfast cereal <sup>10</sup> , cereal grain, and/or pasta	¥ cup	¼ cup	½ cup	½ cup

Lunch and Sunner

		Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Brown Rice</b> Serving Size:	<b>Tortilla</b> ( <b>in enchilada</b> ) Serving Size:	Breading on Fish Serving Size: <u>2 oz eq</u> Dinner Roll Serving Size:	Pasta Serving Size: <u>1.5 oz eq</u> Breading on Chicken Serving Size:	<b>Baguette</b> Serving Size:
	Grains:	1  cup = 2  oz eq	$2 \operatorname{each} = 2 \operatorname{oz} \operatorname{eq}$	2 OZ eq	<u>.75 oz eq</u>	1.25 OZ EQ
		Beef Teriyaki	Turkey and Cheese (in enchilada)	Fish Sticks	Chicken and Cheese	Chicken and Yogurt
	Meat/Meat	Serving Size:	Serving Size:	Serving Size:	Serving Size:	Serving Size:
Does	Alternate:	<u>4 beef strips = 2 oz</u>	<u>2 each = 2 oz</u>	<u>4 each = 2 oz</u>	<u>2.25 OZ</u>	<u>2 0Z</u>
your		Mandarin Oranges	Fruit Salad	Apple Slices	Grapes	
menu					,	Dried Cranberries
planner	Fruit:	Serving Size: <u>1 cup</u>	Serving Size: <u>1 cup</u>	Serving Size: <u>1 cup</u>	Serving Size: <u>1 cup</u>	Serving Size: ½ cup
look similar to						Celery Serving Size: <u>14 cup</u> Onion
this?						Serving size: <u>1/8 cup</u>
		- "			Romaine Lettuce	Romaine
		Broccoli	Refried Beans	French Fries	Serving size: <u>1/2 cup</u>	Serving size: <u>1/8 cup</u>
					Tomato (and sauce)	Cucumbers
	Vegetable:	Serving Size: 1 <u>cup</u>	Serving Size: ¾ <u>cup</u>	Serving Size <u>1 cup</u>	Serving Size: <u>½ cup</u>	Serving Size: <u>1/2 cup</u>
		FF Unflavored FF Chocolate	FF Unflavored FF Chocolate	FF Unflavored FF Chocolate	FF Unflavored FF Chocolate	FF Unflavored FF Chocolate
	Milk:	Serving Size: 1 cup	Serving Size: 1 cup	Serving Size: 1 cup_	Serving Size: 1 cup	Serving Size: 1 cup

## Menu Planner: Friday

# Tips to Help You Menu 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?

## **Pro Tip: Think Color and Variety**

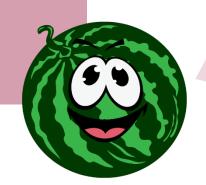






The meal on the left is all the same bland color. Sure, it meets meal pattern requirements, but it looks so boring!

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



### 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!

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!

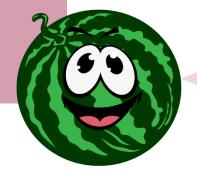
Could you serve something similar on your menu?



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

### **Pro Tip: Use Creative Names**





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 <u>ADE Online Training</u> <u>Library</u> to review additional resources.

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# 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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