

How to Plan a Supper Using the National School Lunch Program Meal Pattern



Health and Nutrition Services
Arizona Department of Education





Disclaimer

This training was developed by the Arizona Department of Education (ADE) Health and Nutrition Services Division (HNS). The content in this training is intended for professionals operating one or more USDA Child Nutrition Programs in Arizona under the direction of ADE. The information in this training is subject to change. Attendees are encouraged to access professional development materials directly from the training library to prevent use of outdated content.

Intended Audience

This training is intended for **School Food Authorities (SFAs)** 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)**.

Objectives

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

- understand how to read the meal pattern chart;
- know how to plan meals that meet the daily requirements;
- know how to review the weekly menu to ensure it meets the weekly component requirements; and,
- build a compliant menu based on supper menu items.

TRAINING HOURS

Information to include when documenting this training for Professional Standards:

Training Title: How to Plan a Supper Using the National School Lunch Program Meal Pattern

Key Area: 1000 - Nutrition

Learning Code: 1110

Length: 2.0 hours



The instruction within this How-To-Guide is 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 [Afterschool Care Snack Program Webpage](#) for additional help with understanding the guidance in the CFR.

Definitions

Component

One of five food groups that comprise reimbursable meals. These are: fruit, vegetable, grain, meat/meat alternate, and fluid milk.

Grade Group

The range of grades for which the component and nutrient specifications applies to when planning a reimbursable menu.

Offer Versus Serve

A meal service option that allows participating students the option to decline some of the food offered as part of a reimbursable menu. For lunch meal service, this is optional for grades K-8, but required for grades 9-12.

Nutrient Specification

The minimum and maximum amount of a specific nutrient that is in the meal/food offered.

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 lunch has been served to an eligible child.

Definitions

Reimbursable Meal

A meal that a student has at the point of service that will be claimed for reimbursement if it contains the required components from the reimbursable menu.

Reimbursable Menu

A menu made available to all students, that offers the daily minimum and weekly requirements of the NSLP meal pattern.

Serve Only

A meal service option where all participating students receive all five components in the required amounts.

Quiz Time



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 answers available within the guide.

The question mark icon below will indicate a comprehension quiz question.



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The following slides will only cover how-to instructions for planning a weekly supper menu using the NSLP meal pattern. All crediting statements for grains and meat/meat alternates are fictional for the purposes of illustrating the process of how to plan a supper menu.

Introduction to the Meal Pattern

SECTION 1



Meal Pattern Chart

NATIONAL SCHOOL LUNCH PROGRAM

The meal pattern chart for the National School Lunch Program (NSLP) includes meal pattern requirements for children of all ages. The chart shows the daily and weekly requirements for each component.

- There are five components in the NSLP meal pattern: Fruit, Vegetable, Grain, Meat/Meat Alternate, and Fluid Milk).
- The chart’s columns show the minimum required serving size for the different grade groups.
- There are also charts available for 3-Day, 4-Day, 6-Day, and 7-Day school lunch programs.

5-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only: - Must prepare all 5 components in required amounts - At POS: Students must take all 5 components in minimum required amounts			Offer versus Serve (OVS): - Must prepare all 5 components in required amounts - At POS: Students must take at least 3 components in minimum required amounts, one of which must be at least ½ cup fruit or vegetable				
Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day Week							
Grades		K-5	6-8	K-8	9-12	Additional Information	
Fruit (cups)	Weekly (daily)	2½ (½)		5 (1)		All fruit juice must be 100% full-strength, and no more than half of the weekly fruit offerings may be in the form of juice. Dried fruit credits as double its volume (e.g., ¼ cup dried fruit credits as ½ cup fruit).	
	Serve Only: minimum amount required at POS	½		1			
	OVS: minimum amount to count at POS	½		½			
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		5 (1)		All vegetable juice must be 100% full-strength, and no more than half of the weekly vegetable offerings may be in the form of juice.	
	Serve Only: minimum amount required at POS	¾		1			
	OVS: minimum amount to count at POS	½		½			
Vegetable Subgroups (cups)		Minimum Weekly Amounts				Minimum creditable amount to count towards a subgroup is 1/8 cup. Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).	
Dark green		½		½			
Red/Orange		¾		1¼			
Beans/Peas (legumes)		½		½			
Starchy		½		½			
Other		½		¾			
To meet weekly requirement, vegetables from ANY subgroup		1		1½			
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	At least 80% of the weekly grains offered must be whole grain-rich. No more than 2 oz eq of the weekly grain offerings may be grain-based desserts.	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2		
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)		
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2		
Fluid milk (cups)	Weekly (daily)	5 (1)				All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.	

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National School Lunch Program Meal Pattern Chart



Before moving on, please print the 3-Day, 4-Day, 5-Day, 6-Day, or 7-Day chart that meets your menu planning needs.

Meal Pattern Chart

READING THE CHART

- 1

Number of Days of Service

There are different meal pattern charts for 3-Day, 4-Day, 5-Day, 6-Day, and 7-Day meal services. The header of the chart should match the number of days served.
- 2

Grade Groups

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

Please note, there isn't a meal pattern for grades K-12. If you serve all of those grades, you'll need to make sure you serve different amounts of food for grades K-8 and 9-12.
- 3

Weekly and Daily Requirements

This chart outlines the weekly and daily requirements for each component. The required weekly amount is listed in each column, and the daily requirement is listed next to the weekly requirement in parentheses ().

1

5-Day Meal Pattern for NSLP

National School Lunch Program

3

Serve Only:

- Must prepare all 5 components in required amounts
- At POS: Students must take all 5 components in minimum required amounts

Offer versus Serve (OVS):

- Must prepare all 5 components in required amounts
- At POS: Students must take at least 3 components in minimum required amounts, one of which must be at least ½ cup fruit or vegetable

2

Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day Week

	Grades	K-5	6-8	K-8	9-12	Additional Information	
Fruit (cups)	Weekly (daily)	2½ (½)		5 (1)		All fruit juice must be 100% full-strength, and no more than half of the weekly fruit offerings may be in the form of juice. Dried fruit credits as double its volume (e.g., ¼ cup dried fruit credits as ½ cup fruit).	
	Serve Only: minimum amount required at POS	½		1			
	OVS: minimum amount to count at POS	½		½			
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		5 (1)		All vegetable juice must be 100% full-strength, and no more than half of the weekly vegetable offerings may be in the form of juice.	
	Serve Only: minimum amount required at POS	¾		1			
	OVS: minimum amount to count at POS	½		½			
Vegetable Subgroups (cups)		Minimum Weekly Amounts				Minimum creditable amount to count towards a subgroup is 1/8 cup. Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).	
Dark green		½		½			
Red/Orange		¾		1¼			
Beans/Peas (legumes)		½		½			
Starchy		½		½			
Other		½		¾			
To meet weekly requirement, vegetables from ANY subgroup		1		1½			
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	At least 80% of the weekly grains offered must be whole grain-rich. No more than 2 oz eq of the weekly grain offerings may be grain-based desserts.	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2		
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)		
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2		
Fluid milk (cups)	Weekly (daily)	5 (1)				All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.	

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NSLP Meal Pattern

SERVING SIZES

The meal pattern chart includes the minimum required serving size for each component and age range. The unit of measurement varies from component to component, depending on the food item.

- For example, milk is measured in cups, and bread is measured in slices.

CREDITING

Menu planners need to remember to use proper crediting techniques for all menu items on their snack menus. It is important to use the [Food Buying Guide](#) to ensure ounce equivalents (oz eq) are being met for grains and meat/meat alternate menu contributions. Just like lunch and breakfast 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, it would be required to use [Exhibit A](#) of the Food Buying Guide to properly credit this grain to ensure the minimum oz eq is being offered.

Component Requirements

GRAINS AND MEAT/MEAT ALTERNATES

The serving size for grains and meat/meat alternates are measured in ounce equivalents (oz eq). Use the Food Buying Guide (FBG), CN labels, Product Formulations Statements, and Exhibit A to determine the amounts required of each grain and meat/meat alternate food item to meet the meal pattern.

Additionally, there are daily and weekly serving size requirements for grains and meat/meat alternates under the NSLP meal pattern.

- For example, according to the 5-day meal pattern for the K-8 grade group, 1 oz eq daily and 8-9 oz eq of grains must be served over the course of the week. Similarly, 1 oz eq daily and 9-10 oz eq of meat/meat alternate must be served over the course of the week.

The asterisk (*) in each column is a reminder that the weekly maximums for both grain and meat/meat alternate are flexible. However, it is recommended to plan a menu that stays within this range to help you meet the nutrient specifications for each grade group.

Component Requirements

VEGETABLE SUBGROUPS

In addition to the vegetable quantity requirements, there are also vegetable subgroup requirements within the meal pattern. All subgroups must be served throughout the week.

Note, all subgroups are not required to be offered each day but they must be planned and served through the week in their required amounts.

**Vegetable Subgroups**
ARIZONA DEPARTMENT OF EDUCATION

The chart below identifies commonly eaten vegetables in each subgroup. Please refer to the USDA Food Buying Guide for School Meal Programs for an exhaustive list of vegetables and their corresponding subgroup category.

DARK GREEN

- arugula
- beet greens
- bok choy
- broccoli
- broccoli rabe (rapini)
- broccolini
- butterhead lettuce (Boston, bibb)
- chicory
- cilantro
- collard greens
- endive
- escarole
- fiddle heads
- grape leaves
- kale
- mesclun
- mustard greens
- parsley
- spinach
- Swiss chard
- red leaf lettuce
- romaine lettuce
- turnip greens
- watercress

RED/ORANGE

- carrots
- orange peppers
- pimientos
- pumpkin
- peppers, bell (red and orange)
- red chili peppers
- salsa (all vegetables)
- sweet potatoes/yams
- tomatoes
- tomato juice
- winter squash (acorn, butternut, Hubbard)

STARCHY

- corn
- cassava (yuca)
- cowpeas, fresh (not dry)
- field peas, fresh (not dry)
- green peas
- ijama
- lima beans, green (not dry)
- parsnips
- pigeon peas, fresh (not dry)
- plantains
- potatoes
- poi
- taro (malanga)
- water chestnuts

BEANS & PEAS (LEGUMES)

- black beans
- black-eyed peas (mature, dry)
- cowpeas
- fava beans
- garbanzo beans (chickpeas)
- Great Northern beans
- kidney beans
- lentils
- lima beans, dry
- mung beans
- navy beans
- pink beans
- pinto beans
- red beans
- refried beans
- soy
- beans/edamame
- split peas
- white beans

OTHER

- artichokes
- asparagus
- avocado
- bamboo shoots
- bean sprouts, cooked only (for food safety)
- beans, green
- beets
- Brussels sprouts
- cabbage (green, red, celery, Napa)
- cactus (nopales)
- cauliflower
- celeriac
- celery
- chayote (mirliton)
- chives
- cucumbers
- dakon
- eggplant
- fennel
- garlic
- horseradish
- iceberg lettuce
- kohlrabi
- leeks
- mushrooms
- okra
- olives
- onions
- peas in a pod (snap peas, snow peas)
- pepperoncini
- peppers (green, sweet bell, green chilies, jalapeño, purple, yellow)
- pickles (cucumber)
- radishes
- rhubarb
- seaweed
- sauerkraut
- shallots
- squash, spaghetti, yellow summer, zucchini
- tomatillo
- turnips
- wax beans

Sourced from USDA's Food Buying Guide for School Meal Programs and adapted from the Connecticut State Department of Education, Vegetable Subgroups.

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Vegetable SubGroups

**Daily/Weekly Vegetable Requirement**
ARIZONA DEPARTMENT OF EDUCATION

Instructions: Using a week of your menu, classify the different vegetables offered throughout the week by the required subgroups. Record the name of the vegetable and the amount planned to credit each subgroup accordingly in the Vegetables (cups) - Weekly chart. Compare the corresponding meal pattern chart to ensure minimum daily and weekly requirements are being met.

Note: Use the Food Buying Guide to help classify what subgroup the vegetable falls under.

Vegetables (cups) - Weekly chart

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Weekly Total
Dark Green								
Red/Orange								
Beans/Peas								
Starchy								
Other								
Additional								
Total								

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Vegetable SubGroups Planner

Total Vegetable (cups)	Weekly (daily)	3¾ (¾)	5 (1)	All vegetable juice must be 100% full-strength, and no more than half of the weekly vegetable offerings may be in the form of juice.
	Serve Only: minimum amount required at POS	¾	1	
	OVS: minimum amount to count at POS	½	½	
Vegetable Subgroups (cups)		Minimum Weekly Amounts		Minimum creditable amount to count towards a subgroup is 1/8 cup. Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).
Dark green		½	½	
Red/Orange		¾	1¼	
Beans/Peas (legumes)		½	½	
Starchy		½	½	
Other		½	¾	
To meet weekly requirement, vegetables from ANY subgroup		1	1½	

Component Requirements

FLUID MILK

Schools must offer at least two different options of fluid milk at lunch daily.

Milk varieties may be unflavored or flavored, provided that unflavored milk is offered at each meal service and that flavored milk does not exceed the added sugars limit.

All milk options offered must be pasteurized and meet State and local standards.

The following milk options (flavored or unflavored) meet the meal pattern requirements for fluid milk and may be offered to all students at school lunch:

- whole, reduced-fat (2%), low-fat (1%) and fat-free (skim) milk;
- lactose-free and lactose-reduced milk;
- cultured milk, such as cultured buttermilk, cultured kefir milk, and cultured acidophilus milk;
- acidified milk, such as acidified kefir milk and acidified acidophilus milk; and,
- ultra-high temperature (UHT) milk.

Component Requirements

FRUIT

Fruit can be fresh, canned, dried, or juice.

- All fruit juice must be 100% full-strength, and no more than half of the weekly fruit offerings may be in the form of juice.
- Dried fruit credits as double its volume (e.g., $\frac{1}{4}$ cup dried fruit credits as $\frac{1}{2}$ cup fruit).

For more information on creditable foods and food crediting, menu planners are encouraged to utilize USDA's [Food Buying Guide for Child Nutrition Programs Interactive Web-Based Tool](#).



Component Requirements

ADDITIONAL INFORMATION

Before menu planning begins, menu planners need to be aware of the "Additional Information" column on the right side of the chart.

- Every component but the Meat/Meat Alternate component has its own additional requirement(s) that must be followed to be compliant with the meal pattern.

5-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only:

- Must prepare all 5 components in required amounts
- At POS: Students must take all 5 components in minimum required amounts

Offer versus Serve (OVS):

- Must prepare all 5 components in required amounts
- At POS: Students must take at least 1 component in minimum required amounts, one of which must be at least ½ cup fruit or vegetable

Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day Week

Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)	
	Serve Only: minimum amount required at POS	½			1	
	OVS: minimum amount to count at POS	½			½	
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)			5 (1)	All fruit juice must be 100% full-strength, and no more than half of the weekly fruit offerings may be in the form of juice. Dried fruit credits as double its volume (e.g., ¼ cup dried fruit credits as ½ cup fruit).
	Serve Only: minimum amount required at POS	¾			1	
	OVS: minimum amount to count at POS	½			½	
Vegetable Subgroups (cups)		Minimum Weekly Amounts				All vegetable juice must be 100% full-strength, and no more than half of the weekly vegetable offerings may be in the form of juice. Minimum creditable amount to count towards a subgroup is 1/8 cup. Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).
Dark green		½			½	
Red/Orange		¾			1¼	
Beans/Peas (legumes)		½			½	
Starchy		½			½	
Other		½			¾	
To meet weekly requirement, vegetables from ANY subgroup		1			1½	
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	At least 80% of the weekly grains offered must be whole grain-rich. No more than 2 oz eq of the weekly grain offerings may be grain-based desserts.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	5 (1)				All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.

Planning a Supper Menu for At-Risk Using the NSLP Meal Pattern

SECTION 2



Planning the Supper Menu

STEPS TO CREATING A SUPPER MENU FOR AT-RISK USING THE NSLP MEAL PATTERN

-  **Select the Appropriate Meal Pattern Chart**
There are different meal pattern charts for 3-Day, 4-Day, 5-Day, 6-Day, and 7-Day meal services. Select the Meal Pattern Chart that reflects your operations.
-  **Determine Your Age Group**
Identify which age group(s) the menu will be planned for. Since At-Risk sites could potentially serve children of all grades and ages, menu planners will most frequently plan for the 9-12 grade group.
-  **Select Food Items for Required Components**
Select food items for each of the five components. Use the meal pattern chart to identify the minimum required serving size for the food items and grade group(s) being served at the At-Risk site. Repeat this process for the remaining service days of the week. HNS recommends menu planners begin this process by first planning for the entrées and then planning for the remaining components.
-  **Confirm Planned Compliance with Daily and Weekly Menu Requirements**
Consulting the meal pattern chart, review the planned menu to confirm compliance with the daily and weekly requirements. HNS recommends operators use the Menu Planner Resource to complete this step.

Weekly Menu Planner

NATIONAL SCHOOL LUNCH PROGRAM

To assist and support menu planners build a compliant menu using the NSLP meal pattern, ADE HNS has created Weekly Menu Planners.

This resource is intended to help ensure compliance with all component and serving size requirements and dietary specifications for a one-week menu by including daily and weekly checklists.

There are Weekly Menu Planners for grades K-8 and 9-12 for 3-Day, 4-Day, 5-Day, 6-Day, and 7-Day menus.

The image displays a stack of five "Weekly Menu Planner" forms for the National School Lunch Program, designed for grades K-8 and 9-12. The planners are for 3-Day, 4-Day, 5-Day, 6-Day, and 7-Day menus. Each form includes a "Menu" section with columns for "Items", "Serving Size", "Components (list all that apply)", and "Notes". To the right of the menu section is a "Daily Checklist" with checkboxes for various food components and their required amounts. At the bottom of each planner is a "Weekly Checklist" with checkboxes for overall weekly requirements. The forms are color-coded with blue and orange headers. The 3-Day planner at the bottom includes a "WEEKLY CHECKLIST" with the following items:

- ☐ Minimum 1/2 cup dark green vegetables
- ☐ Minimum 1 cup red/orange vegetables
- ☐ Minimum 1/2 cup legumes
- ☐ Minimum 1/2 cup starchy vegetables
- ☐ Minimum 1/2 cup other vegetables
- ☐ total cups of vegetable offered weekly (Must be ≥ 3 cups)
- ☐ total cups of fruit offered weekly (Must be ≥ 3 cups)
- ☐ total oz eq of MMA offered weekly (Must be ≥ 6 oz eq)
- ☐ total oz eq of grain offered weekly (Must be ≥ 6 oz eq)
- ☐ No more than 50% of fruit offered is juice
- ☐ Menu analyzed for sodium, saturated fat, and calories and meets requirements
- ☐ At least 80% of grains are whole grain-rich
- ☐ No more than 2 oz eq grain-based dessert offered weekly

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Weekly Menu Planners

The Weekly Menu Planners are available on the [NSLP Program Forms and Resources webpage](#).

It is highly recommended to print the Weekly Menu Planner to see how it can be used while planning your menu.

Planning a Supper Menu: Example



Select the Appropriate Meal Pattern Chart

In this example, the At-Risk site operates 5-days. Therefore, select the 5-Day Meal Pattern Chart.



Determine Your Age Group

For this example, our At-Risk site serves children of all grades and ages. To ensure all minimum requirements are met for all children served, the menu is planned based on the requirements for the 9-12 grade group.

By planning the menu based on the 9-12 grade group requirements, menu planners know the minimum requirements for all children are met. This also reduces burden as staff don't have to prepare and serve two different meal quantities.

5-Day Meal Pattern for NSLP

National School Lunch Program

Serve Only: • Must prepare all 5 components in required amounts • At POS: Students must take all 5 components in minimum required amounts				Offer versus Serve (OVS): • Must prepare all 5 components in required amounts • At POS: Students must take at least 3 components in minimum required amounts, one of which must be at least ½ cup fruit or vegetable		
Component Specifications: Daily and Weekly Amount Based on the Average for a 5-Day Week						
Grades		K-5	6-8	K-8	9-12	Additional Information
Fruit (cups)	Weekly (daily)	2½ (½)		5 (1)		All fruit juice must be 100% full-strength, and no more than half of the weekly fruit offerings may be in the form of juice.
	Serve Only: minimum amount required at POS	½		1		Dried fruit credits as double its volume (e.g., ¼ cup dried fruit credits as ½ cup fruit).
	OVS: minimum amount to count at POS	½		½		
Total Vegetable (cups)	Weekly (daily)	3¾ (¾)		5 (1)		All vegetable juice must be 100% full-strength, and no more than half of the weekly vegetable offerings may be in the form of juice.
	Serve Only: minimum amount required at POS	¾		1		
	OVS: minimum amount to count at POS	½		½		
Vegetable Subgroups (cups)		Minimum Weekly Amounts				
Dark green		½		½		
Red/Orange		¾		1¼		Minimum creditable amount to count towards a subgroup is 1/8 cup.
Beans/Peas (legumes)		½		½		
Starchy		½		½		Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).
Other		½		¾		
To meet weekly requirement, vegetables from ANY subgroup		1		1½		
Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	At least 80% of the weekly grains offered must be whole grain-rich.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	No more than 2 oz eq of the weekly grain offerings may be grain-based desserts.
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Fluid milk (cups)	Weekly (daily)	5 (1)				All fluid milk must be fat-free (skim) or low-fat (1% or less). Milk may be flavored or unflavored, provided that unflavored milk is offered at each meal service.

Planning a Supper Menu: Example

Select Food Items for Required Components

First, pick an entrée. For this example, Beef Teriyaki with Brown Rice.

Using the 5-Day Meal Pattern Chart for 9-12, it is identified that we must serve at least 2-ounce equivalent (oz eq) meat/meat alternate and at least 2 oz eq grain. Use the Food Buying Guide to determine the oz eq portion for the rice (1 cup cooked rice = 2 oz eq) and the CN Label to determine the serving size of the Beef Teriyaki (4 beef strips = 2 oz eq).

Now select the food items for the remaining components. In this example, a fruit, vegetable, and fluid milk are still needed.

Monday	
Fruit	
Vegetable	
Whole Grain-Rich Grain	Brown Rice 1 cup (2 oz eq)
Meat/Meat Alternate	Teriyaki Beef 4 beef strips (2 oz eq)
Fluid Milk	

Planning a Supper Menu: Example

Select Food Items for Required Components

Select a food item to satisfy the **fruit** component.

According to the meal pattern, at least 1 cup of fruit should be offered every day, for a total of 5 cups every week.

Fruit can be fresh, canned, dried, or 100% juice.

For this example, we decide to serve 1 cup of mandarin oranges, which credits as 1 cup fruit.

Monday	
Fruit	Mandarin Oranges 1 cup
Vegetable	
Whole Grain-Rich Grain	Brown Rice 1 cup (2 oz eq)
Meat/Meat Alternate	Teriyaki Beef 4 beef strips (2 oz eq)
Fluid Milk	

Planning a Supper Menu: Example

Select Food Items for Required Components

Select a food item to satisfy the **vegetable** component.

According to the meal pattern, at least 1 cup of vegetable should be offered every day, for a total of 5 cups every week for grades 9-12.

Keep track of the subgroup for the vegetable that is planned each day. This will help meet the weekly subgroup requirements.

For this example, we decide to serve 1 cup of steamed broccoli, which credits as 1 cup of vegetable from the dark green subgroup.

Monday	
Fruit	Mandarin Oranges 1 cup
Vegetable	Steamed Broccoli 1 cup dark green vegetable
Whole Grain-Rich Grain	Brown Rice 1 cup (2 oz eq)
Meat/Meat Alternate	Teriyaki Beef 4 beef strips (2 oz eq)
Fluid Milk	

Quiz Time

True or False: A menu following the NSLP meal pattern can plan baked French fries as the only vegetable everyday, as long as the daily vegetable requirement is met.

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



Quiz Time

True or False: A menu following the NSLP meal pattern can plan baked French fries as the only vegetable everyday, as long as the daily vegetable requirement is met.

A True.

B False. French fries are not an allowable vegetable at lunch.

C False. The weekly menu needs to have a variety of vegetables planned to meet the subgroup requirements.

The NSLP meal pattern requires that vegetables from each subgroup must be planned throughout the week. Refer to the meal pattern chart to review the vegetable subgroup requirements and the various vegetables in each subgroup category.



Planning a Supper Menu: Example

Select Food Items for Required Components

Lastly, is the **milk** component.

According to the meal pattern, at least 1 cup of milk every day, for a total of 5 cups every week should be offered

There should always be two varieties of milk offered. Fluid milk be whole, reduced-fat (2%), low-fat (1%), fat-free, lactose-free, or a nutritionally equivalent nondairy fluid milk substitute. Milk may flavored or unflavored, but please note that unflavored milk must be offered as one of the two milk offerings each day.

Monday	
Fruit	Mandarin Oranges 1 cup
Vegetable	Steamed Broccoli 1 cup dark green vegetable
Whole Grain-Rich Grain	Brown Rice 1 cup (2 oz eq)
Meat/Meat Alternate	Teriyaki Beef 4 beef strips (2 oz eq)
Fluid Milk	Fat-Free Unflavored: Fat-Free Chocolate: 1 cup= 1 cup milk

Quiz Time

Which of the following does not meet the meal pattern for milk varieties?

- A** Fat-free and whole unflavored
- B** Fat-free chocolate and 1% unflavored
- C** Fat-free chocolate and whole strawberry
- D** Fat-free unflavored and 1% strawberry



Quiz Time

Which of the following does not meet the meal pattern for milk varieties?

- A** Fat-free and whole unflavored
- B** Fat-free chocolate and 1% unflavored
- C** Fat-free chocolate and whole strawberry
- D** Fat-free unflavored and 1% strawberry

Unflavored milk must be offered as one of the two milk offerings each day.



Planning a Supper Menu: Example



Confirm Planned Compliance with Daily Menu Requirements

Before building the menu for the rest of the week, verify daily menu requirements have been met.

5-Day, 9-12 Meal Pattern Requirements:

- 2 oz eq grain
- 2 oz eq meat/meat alternate
- 1 cup fruit
- 1 cup vegetable
- 1 cup milk, two varieties

Monday	
Fruit	Mandarin Oranges 1 cup
Vegetable	Steamed Broccoli 1 cup dark green vegetable
Whole Grain-Rich Grain	Brown Rice 1 cup (2 oz eq)
Meat/Meat Alternate	Teriyaki Beef 4 beef strips (2 oz eq)
Fluid Milk	Fat-Free Unflavored: Fat-Free Chocolate: 1 cup= 1 cup milk

Grades		K-5	6-8	K-8	9-12
 Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
 Total Vegetable (cups)	Weekly (daily)	3¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum Weekly Amounts			
Dark green		½			½
Red/Orange		¾			1¼
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1½
 Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Fluid Milk (cups)	Weekly (daily)	5 (1)			

Planning a Supper Menu: Example



Select Food Items for Required Components

In the following section, we will continue our example and repeat the process of selecting food items to satisfy component requirements for the remainder of the week.

Completing the Weekly Menu



SECTION 3

Planning the Menu

GRAIN & MEAT/MEAT ALTERNATE

Let’s start with an entrée: Scratch-Made Turkey and Cheese Enchilada. This will provide grains from the tortilla, and meat/meat alternate from the turkey and cheese.

Using the recipe, FBG, and Exhibit A, the Turkey and Cheese Enchilada will credit as: 2.0 oz eq of grain (tortilla), and 2 oz eq meat/meat alternate (ground turkey and cheese).

Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	At least 80% of the weekly grains offered must be whole grain-rich. No more than 2 oz eq of the weekly grain offerings may be grain-based desserts.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	

Tuesday	
Fruit	
Vegetable	
Whole Grain-Rich Grain	Tortilla 2 oz eq
Meat/Meat Alternate	Turkey and Cheese 2 oz eq
Fluid Milk	

Planning the Menu

FRUIT

Let’s plan 1 cup of fruit salad with all fresh ingredients for Tuesday.

Remember that fruit can be fresh, canned, dried, or 100% juice.

Fruit (cups)	Weekly (daily)	2½ (½)	5 (1)	All fruit juice must be 100% full-strength, and no more than half of the weekly fruit offerings may be in the form of juice. Dried fruit credits as double its volume (e.g., ¼ cup dried fruit credits as ½ cup fruit).
	Serve Only: minimum amount required at POS	½	1	
	OVS: minimum amount to count at POS	½	½	

Tuesday	
Fruit	Fruit Salad (1/4 cup watermelon, 1/4 cup pineapple, 1/2 cup strawberry) 1 cup
Vegetable	
Whole Grain-Rich Grain	Tortilla 2 oz eq
Meat/Meat Alternate	Turkey and Cheese 2 oz eq
Fluid Milk	

Planning the Menu

VEGETABLE

Select a vegetable that compliments the meal. For example, for this Mexican-style meal, let’s plan to serve a side of refried beans.

For grades 9-12, 1 cup of vegetables must be served daily. Let’s plan 1 cup of refried beans, part of the beans/peas (legumes) subgroup.

Total Vegetable (cups)	Weekly (daily)	3¾ (¾)	5 (1)	All vegetable juice must be 100% full-strength, and no more than half of the weekly vegetable offerings may be in the form of juice.
	Serve Only: minimum amount required at POS	¾	1	
	OVS: minimum amount to count at POS	½	½	
Vegetable Subgroups (cups)		Minimum Weekly Amounts		Minimum creditable amount to count towards a subgroup is 1/8 cup. Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).
Dark green		½	½	
Red/Orange		¾	1¼	
Beans/Peas (legumes)		½	½	
Starchy		½	½	
Other		½	¾	
To meet weekly requirement, vegetables from ANY subgroup		1	1½	

Tuesday	
Fruit	Fruit Salad (1/4 cup watermelon, 1/4 cup pineapple, 1/2 cup strawberry) 1 cup
Vegetable	Refried Beans 1 cup beans/peas
Whole Grain-Rich Grain	Tortilla 2 oz eq
Meat/Meat Alternate	Turkey and Cheese 2 oz eq
Fluid Milk	

Quiz Time

True or False. Pinto beans on a tostada can be planned and counted as the vegetable and 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.**



Quiz Time

True or False. Pinto beans on a tostada can be planned and counted as the vegetable and 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.



Planning the Menu

FLUID MILK

Let’s plan 1 cup fat-free unflavored and 1 cup fat-free chocolate milk for Tuesday.

Remember two varieties are needed, 1 cup each.

Fluid Milk (cups)	Weekly (daily)	5 (1)	May be whole, reduced-fat (2%), low-fat (1%), fat-free, lactose-free, or a nutritionally equivalent nondairy fluid milk substitute. May be flavored or unflavored, provided that unflavored milk is offered at each meal service.
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Tuesday	
Fruit	Fruit Salad (1/4 cup watermelon, 1/4 cup pineapple, 1/2 cup strawberry) 1 cup
Vegetable	Refried Beans 1 cup beans/peas
Whole Grain-Rich Grain	Tortilla 2 oz eq
Meat/Meat Alternate	Turkey and Cheese 2 oz eq
Fluid Milk	Fat-Free Unflavored: Fat-Free Chocolate: 1 cup= 1 cup milk

Meeting the Daily Requirements

TUESDAY

Make sure that all **daily** requirements are being met:

- 2 oz eq grain
- 2 oz eq meat/meat alternate
- 1 cup fruit
- 1 cup vegetable
- 1 cup milk, two varieties

It looks like all components in required amounts are planned for Tuesday!

Grades		K-5	6-8	K-8	9-12
 Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
 Total Vegetable (cups)	Weekly (daily)	3¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum Weekly Amounts			
Dark green		½			½
Red/Orange		¾			1¼
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1½
 Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Fluid milk (cups)	Weekly (daily)	5 (1)			

Planning the Menu

GRAIN, MEAT/MEAT ALTERNATE, AND VEGETABLE

Let’s start with an entrée: Fish and Chips. The breading will be the grain, the fish will be the meat/meat alternate, and the “chips” (French fries) will be the vegetable.

Referring to the CN label, two fish sticks contributes 1 oz eq of M/MA and 0.5 oz eq grain. Since we need to serve 2 oz eq of each, I will serve 4 fish sticks (2 oz eq M/MA, 1 oz eq grain) and add a 1 oz eq whole grain dinner roll.

1 cup of “chips” (French fries) contributes 1 cup starchy vegetable.

Wednesday	
Fruit	
Vegetable	French Fries 1 cup starchy
Whole Grain-Rich Grain	Breading from Fish Sticks 1 oz eq Dinner Roll 1 oz eq
Meat/Meat Alternate	Four Fish Sticks 2 oz eq
Fluid Milk	

Planning the Menu

FRUIT

Let’s add 1 cup of apple slices to the menu for Wednesday.

Remember that fruit can be fresh, canned, dried, or 100% juice.

Fruit (cups)	Weekly (daily)	2½ (½)	5 (1)	All fruit juice must be 100% full-strength, and no more than half of the weekly fruit offerings may be in the form of juice. Dried fruit credits as double its volume (e.g., ¼ cup dried fruit credits as ½ cup fruit).
	Serve Only: minimum amount required at POS	½	1	
	OVS: minimum amount to count at POS	½	½	

Wednesday	
Fruit	Apple Slices 1 cup
Vegetable	French Fries 1 cup starchy
Whole Grain-Rich Grain	Breading from Fish Sticks 1 oz eq Dinner Roll 1 oz eq
Meat/Meat Alternate	Four Fish Sticks 2 oz eq
Fluid Milk	

Planning the Menu

FLUID MILK

Let’s plan 1 cup fat-free unflavored and 1 cup fat-free chocolate milk for Wednesday as well.

Remember two varieties are needed, 1 cup each.

Fluid Milk (cups)	Weekly (daily)	5 (1)	May be whole, reduced-fat (2%), low-fat (1%), fat-free, lactose-free, or a nutritionally equivalent nondairy fluid milk substitute. May be flavored or unflavored, provided that unflavored milk is offered at each meal service.
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Wednesday	
Fruit	Apple Slices 1 cup
Vegetable	French Fries 1 cup starchy
Whole Grain-Rich Grain	Breading from Fish Sticks 1 oz eq Dinner Roll 1 oz eq
Meat/Meat Alternate	Four Fish Sticks 2 oz eq
Fluid Milk	Fat-Free Unflavored: Fat-Free Chocolate: 1 cup= 1 cup milk

Meeting the Daily Requirements

WEDNESDAY

Make sure that all **daily** requirements for Wednesday are being met:

- 2 oz eq grain
- 2 oz eq meat/meat alternate
- 1 cup fruit
- 1 cup vegetable
- 1 cup milk, two varieties

It looks like all components in required amounts are planned for Wednesday!

Wednesday	
Fruit	Apple Slices 1 cup
Vegetable	French Fries 1 cup starchy
Whole Grain-Rich Grain	Breading from Fish Sticks 1 oz eq Dinner Roll 1 oz eq
Meat/Meat Alternate	Four Fish Sticks 2 oz eq
Fluid Milk	Fat-Free Unflavored: Fat-Free Chocolate: 1 cup= 1 cup milk

Grades		K-5	6-8	K-8	9-12
 Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
 Total Vegetable (cups)	Weekly (daily)	3¾ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum Weekly Amounts			
Dark green		½			½
Red/Orange		¾			1¼
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1½
 Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Fluid Milk (cups)	Weekly (daily)	5 (1)			

Planning the Menu

GRAIN, MEAT/MEAT ALTERNATE, AND VEGETABLE

Let’s start with an entrée: Chicken Parmesan (breaded chicken and pasta with marinara sauce).

Based on the CN Label, one breaded chicken breast patty contributes 2 oz eq M/MA and 1 oz eq grain. Based on Exhibit A in the Food Buying Guide, 1/2 cup cooked pasta is 1 oz eq. We will serve 1/2 cup cooked pasta with 1/4 cup marinara sauce, a red/orange vegetable.

Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)	At least 80% of the weekly grains offered must be whole grain-rich. No more than 2 oz eq of the weekly grain offerings may be grain-based desserts.
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	
Meat/ Meat Alternate (oz eq)	Weekly (daily) amounts *Not required to meet weekly maximum	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)	
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2	

Thursday	
Fruit	
Vegetable	Marinara Sauce 1/4 cup red/orange
Whole Grain-Rich Grain	Breading from Chicken Breast 1 oz eq 1/2 cup cooked pasta 1 oz eq
Meat/Meat Alternate	Breaded Chicken Breast 2 oz eq
Fluid Milk	

Planning the Menu

FRUIT

Let’s plan 1 cup of grapes for Thursday.

Remember that fruit can be fresh, canned, dried, or 100% juice.

Fruit (cups)	Weekly (daily)	2½ (½)	5 (1)	All fruit juice must be 100% full-strength, and no more than half of the weekly fruit offerings may be in the form of juice. Dried fruit credits as double its volume (e.g., ¼ cup dried fruit credits as ½ cup fruit).
	Serve Only: minimum amount required at POS	½	1	
	OVS: minimum amount to count at POS	½	½	

Thursday	
Fruit	1 cup grapes
Vegetable	Marinara Sauce 1/4 cup red/orange
Whole Grain-Rich Grain	Breading from Chicken Breast 1 oz eq 1/2 cup cooked pasta 1 oz eq
Meat/Meat Alternate	Breaded Chicken Breast 2 oz eq
Fluid Milk	

Planning the Menu

VEGETABLE

Based on the meal pattern requirements, we must serve 1 cup of vegetables daily. Currently, we have 1/4 cup planned (marinara sauce). For the remaining 3/4 cup, let’s serve a salad with romaine lettuce and tomato.

Total Vegetable (cups)	Weekly (daily)	3¾ (¾)	5 (1)	All vegetable juice must be 100% full-strength, and no more than half of the weekly vegetable offerings may be in the form of juice.
	Serve Only: minimum amount required at POS	¾	1	
	OVS: minimum amount to count at POS	½	½	
Vegetable Subgroups (cups)		Minimum Weekly Amounts		
Dark green		½	½	Minimum creditable amount to count towards a subgroup is 1/8 cup.
Red/Orange		¾	1¼	
Beans/Peas (legumes)		½	½	
Starchy		½	½	Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).
Other		½	¾	
To meet weekly requirement, vegetables from ANY subgroup		1	1½	

Thursday	
Fruit	1 cup grapes
Vegetable	Marinara Sauce 1/4 cup red/orange Salad Lettuce - 1/2 cup dark green Tomato - 1/4 cup red/orange
Whole Grain-Rich Grain	Breading from Chicken Breast 1 oz eq 1/2 cup cooked pasta 1 oz eq
Meat/Meat Alternate	Breaded Chicken Breast 2 oz eq
Fluid Milk	

Planning the Menu

FLUID MILK REQUIREMENTS

Let’s plan 1 cup fat-free unflavored and 1 cup fat-free chocolate milk for Thursday as well.

Remember two varieties are needed, 1 cup each

Fluid Milk (cups)	Weekly (daily)	5 (1)	May be whole, reduced-fat (2%), low-fat (1%), fat-free, lactose-free, or a nutritionally equivalent nondairy fluid milk substitute. May be flavored or unflavored, provided that unflavored milk is offered at each meal service.
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Thursday	
Fruit	1 cup grapes
Vegetable	Marinara Sauce 1/4 cup red/orange Salad Lettuce - 1/2 cup dark green Tomato - 1/4 cup red/orange
Whole Grain-Rich Grain	Breading from Chicken Breast 1 oz eq 1/2 cup cooked pasta 1 oz eq
Meat/Meat Alternate	Breaded Chicken Breast 2 oz eq
Fluid Milk	Fat-Free Unflavored: Fat-Free Chocolate: 1 cup= 1 cup milk

Quiz Time

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 subgroup 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 entrees.
- 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.



Quiz Time

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 subgroup 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 entrees.
- C** Yes. Any amount of vegetable in the meal can count, even 1 tablespoon of chives.
- D** No. The menu planner would need to plan more tomato sauce. In order to plan multiple vegetables, each vegetable must credit as at least 1/2 cup.

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



Meeting the Daily Requirements

THURSDAY

Make sure that all **daily** requirements for Thursday are being met:

- 2 oz eq grain
- 2 oz eq meat/meat alternate
- 1 cup fruit
- 1 cup vegetable
- 1 cup milk, two varieties

It looks like all components in required amounts are planned for Thursday!

Thursday	
Fruit	1 cup grapes
Vegetable	Marinara Sauce 1/4 cup red/orange Salad Lettuce - 1/2 cup dark green Tomato - 1/4 cup red/orange
Whole Grain-Rich Grain	Breeding from Chicken Breast 1 oz eq 1/2 cup cooked pasta 1 oz eq
Meat/Meat Alternate	Breaded Chicken Breast 2 oz eq
Fluid Milk	Fat-Free Unflavored: Fat-Free Chocolate: 1 cup= 1 cup milk

Grades		K-5	6-8	K-8	9-12
 Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
 Total Vegetable (cups)	Weekly (daily)	3¼ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum Weekly Amounts			
Dark green		½			½
Red/Orange		¾			1¼
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1½
 Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Fluid Milk (cups)	Weekly (daily)	5 (1)			

Planning the Menu

GRAIN, MEAT/MEAT ALTERNATE, AND VEGETABLES

Let’s start with an entrée: Chicken Salad Sandwich.

This combination entrée consists of shredded chicken, Greek yogurt, chopped celery, chopped onion, romaine lettuce, and a whole grain baguette. It will contribute to the grain, M/MA, and vegetable component.

Utilizing my crediting resources, I determine one sandwich will contribute 1.0 oz eq grain, 2 oz eq M/MA, and 1/2 cup vegetable between all three veggie items.

To satisfy meal pattern requirements we need to add 1.0 oz eq grain and 1/2 cup vegetable. For the grain, let’s add a 1 oz eq cookie. For the vegetable, let’s add 1/2 cup cucumbers.

Friday	
Fruit	
Vegetable	Chicken Salad 1/4 cup other (onions and celery) 1/4 cup dark green (romaine) Cucumbers 1/2 cup other
Whole Grain-Rich Grain	Baguette 1 oz eq Cookie 1 oz eq
Meat/Meat Alternate	Shredded Chicken 2 oz eq
Fluid Milk	

Planning the Menu

FRUIT

Let’s plan 1/2 cup of dried cranberries for Friday.

Remember that fruit can be fresh, canned, dried, or 100% juice. Dried fruit credits as double the volume, so 1/2 cup will credit as 1 cup.

Fruit (cups)	Weekly (daily)	2½ (½)	5 (1)	All fruit juice must be 100% full-strength, and no more than half of the weekly fruit offerings may be in the form of juice. Dried fruit credits as double its volume (e.g., ¼ cup dried fruit credits as ½ cup fruit).
	Serve Only: minimum amount required at POS	½	1	
	OVS: minimum amount to count at POS	½	½	

Friday	
Fruit	1/2 cup dried cranberries = 1 cup fruit
Vegetable	Chicken Salad 1/4 cup other (onions and celery) 1/4 cup dark green (romaine) Cucumbers 1/2 cup other
Whole Grain-Rich Grain	Baguette 1 oz eq Cookie 1 oz eq
Meat/Meat Alternate	Shredded Chicken 2 oz eq
Fluid Milk	

Planning the Menu

FLUID MILK

Let’s plan 1 cup fat-free unflavored and 1 cup fat-free chocolate milk for Friday as well.

Remember two varieties are needed, 1 cup each

Fluid Milk (cups)	Weekly (daily)	5 (1)	May be whole, reduced-fat (2%), low-fat (1%), fat-free, lactose-free, or a nutritionally equivalent nondairy fluid milk substitute. May be flavored or unflavored, provided that unflavored milk is offered at each meal service.
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Friday	
Fruit	1/2 cup dried cranberries = 1 cup fruit
Vegetable	Chicken Salad 1/4 cup other (onions and celery) 1/4 cup dark green (romaine) Cucumbers 1/2 cup other
Whole Grain-Rich Grain	Baguette 1 oz eq Cookie 1 oz eq
Meat/Meat Alternate	Shredded Chicken 2 oz eq
Fluid Milk	Fat-Free Unflavored: Fat-Free Chocolate: 1 cup= 1 cup milk

Meeting the Daily Requirements

FRIDAY

Make sure that all **daily** requirements for Friday are being met:

- 2 oz eq grain
- 2 oz eq meat/meat alternate
- 1 cup fruit
- 1 cup vegetable
- 1 cup milk, two varieties

It looks like all components in required amounts are planned for Friday!

Friday	
Fruit	1/2 cup dried cranberries = 1 cup fruit
Vegetable	Chicken Salad 1/4 cup other (onions and celery) 1/4 cup dark green (romaine) Cucumbers 1/2 cup other
Whole Grain-Rich Grain	Baguette 1 oz eq Cookie 1 oz eq
Meat/Meat Alternate	Shredded Chicken 2 oz eq
Fluid Milk	Fat-Free Unflavored: Fat-Free Chocolate: 1 cup= 1 cup milk

Grades		K-5	6-8	K-8	9-12
 Fruit (cups)	Weekly (daily)	2½ (½)			5 (1)
	Serve Only: minimum amount required at POS	½			1
	OVS: minimum amount to count at POS	½			½
 Total Vegetable (cups)	Weekly (daily)	3¼ (¾)			5 (1)
	Serve Only: minimum amount required at POS	¾			1
	OVS: minimum amount to count at POS	½			½
Vegetable Subgroups (cups)		Minimum Weekly Amounts			
Dark green		½			½
Red/Orange		¾			1¼
Beans/Peas (legumes)		½			½
Starchy		½			½
Other		½			¾
To meet weekly requirement, vegetables from ANY subgroup		1			1½
 Whole Grain-Rich Grains (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	8-9* (1)	8-10* (1)	8-9* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Meat/Meat Alternate (oz eq)	Weekly (daily) amounts <i>*Not required to meet weekly maximum</i>	8-10* (1)	9-10* (1)	9-10* (1)	10-12* (2)
	Serve Only and OVS: Minimum amount to count as a component at POS	1	1	1	2
 Fluid Milk (cups)	Weekly (daily)	5 (1)			

Meeting the Weekly Requirements

SECTION 4



Meeting Weekly Requirements

FRUIT

According to the meal pattern chart, **5** cups of fruit should be planned throughout the week.

Add each daily serving:

- 1 cup on Monday,
- 1 cup on Tuesday,
- 1 cup on Wednesday,
- 1 cup on Thursday,
- 1 cup on Friday,

The total amount of fruit planned is **5** cups. This meets the weekly minimum requirement!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Fruit: Mandarin Oranges: • 1 cup = 1 cup fruit	Fruit: Fruit Salad • 1 cup = 1 cup fruit	Fruit: Apple Slices • 1 cup = 1 cup fruit	Fruit: Grapes • 1 cup = 1 cup fruit	Fruit: Dried Cranberries • 1/2 cup dried fruit = 1 cup fruit	5 cups total

Meeting Weekly Requirements

VEGETABLE

According to the meal pattern chart, **5** cups of vegetables should be planned throughout the week.

Add each daily serving:

- 1 cup on Monday
- 1 cup on Tuesday
- 1 cup on Wednesday
- 1 cup on Thursday
- 1 cup on Friday

The total amount of vegetables planned is **5** cups. This meets the weekly minimum requirement!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Vegetable: Broccoli • 1 cup = 1 cup vegetable Subgroup: Dark Green	Vegetable: Refried Beans • 1 cup = 1 cup Subgroup: Beans/Peas	Vegetable: French Fries • 1 cup = 1 cup vegetable Subgroup: Starchy	Vegetable: Romaine Lettuce • 1/2 cup = 1/2 cup vegetable Tomato Sauce and Tomato on Salad • 1/2 cup = 1/2 cup vegetable Subgroup: Dark Green & Red/Orange	Vegetable: Celery and Onion • 1/4 cup = 1/4 cup vegetable Romaine • 1/4 cup = 1/4 cup vegetable Cucumber • 1/2 cup = 1/2 cup vegetable Subgroup: Other	5 cups total

Meeting Weekly Requirements

VEGETABLE SUBGROUPS

The chart below highlights all planned subgroups for the week.

- Each row represents one vegetable subgroup and contains a least one planned portion. Some rows have multiple planned portions.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Dark Green <i>1/2 cup required</i>	<i>1 cup broccoli</i>			<i>1/2 cup lettuce</i>	<i>1/4 cup lettuce</i>	3/4 cup
Red/Orange <i>1-1/4 cup required</i>				<i>1/2 cup tomato/tomato sauce</i>		1/2 cup
Beans/Peas <i>1/2 cup required</i>		<i>1 cup refried beans</i>				1 cup
Starchy <i>1/2 cup required</i>			<i>1 cup French Fries</i>			1 cup
Other <i>3/4 cup required</i>					<i>3/4 cup celery, onion, and cucumbers</i>	3/4 cup

Meeting Weekly Requirements

VEGETABLE SUBGROUPS

Make sure to cross-reference planned subgroups with the chart to ensure that at all weekly required subgroups are served in at least the minimum required amounts!

In this example, we are not meeting the weekly requirement for the red/orange subgroup. To rectify this, we must add at least 3/4 cup red/orange vegetable for this menu to meet meal pattern requirements.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Dark Green <i>1/2 cup required</i>	<i>1 cup broccoli</i>			<i>1/2 cup lettuce</i>	<i>1/4 cup lettuce</i>	3/4 cup
Red/Orange <i>1-1/4 cup required</i>				<i>1/2 cup tomato tomato sauce</i>		1/2 cup
Beans/Peas <i>1/2 cup required</i>		<i>1 cup refried beans</i>				1 cup
Starchy <i>1/2 cup required</i>			<i>1 cup French Fries</i>			1 cup
Other <i>3/4 cup required</i>					<i>3/4 cup celery, onion, and cucumbers</i>	3/4 cup

Total Vegetable (cups)	Weekly (daily)	3¾ (¾)	5 (1)	All vegetable juice must be 100% full-strength, and no more than half of the weekly vegetable offerings may be in the form of juice.
	Serve Only: minimum amount required at POS	¾	1	
	OVS: minimum amount to count at POS	½	½	
Vegetable Subgroups (cups)		Minimum Weekly Amounts		
Dark green	½	✓ ½		Minimum creditable amount to count towards a subgroup is 1/8 cup. Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).
Red/Orange	¾	✗ 1¼		
Beans/Peas (legumes)	½	✓ ½		
Starchy	½	✓ ½		
Other	½	✓ ¾		
To meet weekly requirement, vegetables from ANY subgroup		1	✓ 1½	

Meeting Weekly Requirements

VEGETABLE SUBGROUPS

We added 1/4 cup of carrots and 1/4 cup of red bell peppers to our Monday menu, and 1/4 cup of salsa to our Tuesday menu.

With these additions, we now meet the weekly subgroup requirements!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Dark Green <i>1/2 cup required</i>	<i>1 cup broccoli</i>			<i>1/2 cup lettuce</i>	<i>1/8 cup lettuce</i>	1-5/8 cup
Red/Orange <i>1-1/4 cup required</i>	<i>1/4 cup carrots</i> <i>1/4 cup peppers</i>	<i>1/4 cup salsa</i>		<i>1/2 cup tomato</i>		1-1/4 cup
Beans/Peas <i>1/2 cup required</i>		<i>1 cup refried beans</i>				1 cup
Starchy <i>1/2 cup required</i>			<i>1 cup French Fries</i>			1 cup
Other <i>3/4 cup required</i>					<i>1-1/8 cup</i>	1-1/8 cup

Total Vegetable (cups)	Weekly (daily)	3¾ (¾)	5 (1)	All vegetable juice must be 100% full-strength, and no more than half of the weekly vegetable offerings may be in the form of juice.
	Serve Only: minimum amount required at POS	¾	1	
	OVS: minimum amount to count at POS	½	½	
Vegetable Subgroups (cups)		Minimum Weekly Amounts		
Dark green		½	✓ ½	Minimum creditable amount to count towards a subgroup is 1/8 cup. Leafy greens credit as half their volume (e.g., 1 cup leafy greens credits as ½ cup vegetable).
Red/Orange		¾	✓ 1¼	
Beans/Peas (legumes)		½	✓ ½	
Starchy		½	✓ ½	
Other		½	✓ ¾	
To meet weekly requirement, vegetables from ANY subgroup		1	✓ 1½	

Meeting Weekly Requirements

GRAINS

According to the meal pattern chart, **10** oz eq. of grains should be planned throughout the week. Add the daily servings:

- 2 oz eq on Monday,
- 2 oz eq on Tuesday,
- 2 oz eq on Wednesday,
- 2 oz eq on Thursday,
- 2 oz eq on Friday

The total amount of grain planned is **10** oz eq. This meets the weekly minimum requirement!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Brown Rice 1 cup = 2 oz eq	Tortilla 2 each = 2 oz eq	Breading on Fish Serving Size = 2 oz eq Dinner Roll Serving Size = 2 oz eq	Pasta Serving Size = 1.5 oz eq Breading on Chicken Serving Size = 0.75 oz eq	Baguette Serving Size = 1 oz eq Cookie Serving Size = 1 oz eq	10 oz eq grain

As a reminder, at least 80% of grains offered weekly must be whole grain-rich grains, and only up to 2 oz eq of grains can be grain-based desserts each week.

Meeting Weekly Requirements

MEAT/MEAT ALTERNATE

According to the meal pattern chart, at least **10** oz eq of meat/meat alternate should be planned throughout the week. Add the daily servings:

- 2 oz eq on Monday,
- 2 oz eq on Tuesday,
- 2 oz eq on Wednesday,
- 2 oz eq on Thursday,
- 2 oz eq on Friday,

The total amount of meat/meat alternate planned is **10** oz eq. This meets the weekly minimum requirement!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Beef Teriyaki Serving Size = 2 oz eq	Turkey and Cheese in Enchilada Serving Size = 2 oz eq	Fish Sticks Serving Size = 2 oz eq	Chicken and Cheese Serving Size = 2 oz eq	Chicken Serving Size = 2 oz eq	10 oz eq

Meeting Weekly Requirements

FLUID MILK

According to the meal pattern chart, **5** cups of milk should be planned throughout the week. Add the daily servings:

- 1 cup on Monday,
- 1 cup on Tuesday,
- 1 cup on Wednesday,
- 1 cup on Thursday,
- 1 cup on Friday,

The total amount of milk planned is **5** cups. This meets the weekly minimum requirement!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Milk: Fat-Free Unflavored: Fat-Free Chocolate: • 1 cup = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • 1 cup = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • 1 cup = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • 1 cup = 1 cup milk	Milk: Fat-Free Unflavored Fat-Free Chocolate • 1 cup = 1 cup milk	5 cups total

Meal Pattern Chart Dietary Specifications

SECTION 5



Dietary Specifications

WEEKLY AVERAGE

In addition to complying with component requirements, supper menus for the At-Risk Afterschool Meals Program following the NSLP meal pattern must meet the dietary specifications outlined in the meal pattern.

- Calories, Sodium, Saturated Fat, and Added Sugars have requirements based on a weekly average.

Refer to the Nutrition Facts Labels on your products for this information.

Dietary Specifications: Weekly Average Requirement for a 5-Day Week					
Grades	K-5	6-8	K-8	9-12	Additional Information
Minimum - Maximum calories (kcal)	550-650	600-700	600-650	750-850	
Sodium Interim Target 1 (mg)	≤ 1,110	≤ 1,225	≤ 1,110	≤ 1,280	Sodium Interim Target 1A must be met no later than July 1, 2023 (SY 2023-2024)
Saturated fat (% of calories)	≤ 10				
Dietary Specifications: Daily Requirement for a 5-Day Week					
Grades	K-5	6-8	K-8	9-12	
Trans fat	Nutrition label or manufacturer spec must indicate zero grams of trans fat per serving				

Menu Planning Tips



SECTION 6

Menu Planning Tips

-  **Color and Variety**
Offer variety in color and texture to make the meal more appealing.
-  **Use Creative Names**
Students appreciate trendy and catchy names. Try to creatively name your menu choices to generate interest and appeal. For example, instead of labeling a meal “Tortilla, Chicken, Rice and Beans,” try something like “Fiesta Combo Meal!”
-  **Follow Trends**
Think about creative ways to serve meals similar to what’s being sold around town. For example, the three entrées listed below have grains, vegetables, and meat/meat alternates in them and are similar to what can be purchased at a restaurant!
 - Burrito Bowls: Brown rice, diced chicken, black beans, salsa, and guacamole
 - Mashed Potato Bowl: Corn, cheese, mashed potatoes, and popcorn chicken
 - Beef and Broccoli: Beef, carrots, red bell peppers, and broccoli over brown rice

Menu Planning Tips

SUMMARY

When planning a menu, first make sure to plan enough of each component to meet the daily and weekly requirements. Then, look for ways to refine and enhance the menu to make it appealing and appetizing for students.

Be sure to visit the [Afterschool Care Snack Program Webpage](#) for tools and resources to help you plan and review your menu.



CONTACT US

If you have a question or require additional assistance, please contact your assigned specialist or contact HNS.



602-542-8700



ContactHNS@azed.gov



www.azed.gov/hns





Congratulations

**You have completed the Step by Step Instruction:
How to Plan a Supper Using the National School
Lunch Program Meal Pattern**

Information to include when documenting this
training for Professional Standards:

Training Title:
**How to Plan a Supper Using
the National School Lunch
Program Meal Pattern**

Key Area: 1000 – Nutrition
Learning Code: 1100
Length: 2.0 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.

Certificate

Requesting a training certificate

Please click the button to complete a brief survey about this online training. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey.



Information to include when documenting this training for Professional Standards:

Training Title:
**How to Plan a Supper
Using the National
School Lunch Program
Meal Pattern**

Key Area: 1000 – Nutrition
Learning Code: 1100
Length: 2.0 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.



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1. mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax:
(833) 256-1665 or (202) 690-7442; or
3. email:
Program.Intake@usda.gov

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