|  |  |  |  |
| --- | --- | --- | --- |
|  | Minimum Per Day | Minimum Per Week | Notes |
| Milk | 1 cup | 5 cups | Two choices required daily |
| Fruit | ½ cup | 2 ½ cups | From a single source or from a combination of two or more smaller portions with 1/8 cup being the smallest creditable amount. ¼ cup dried fruit counts as ½ cup fruit. |
| Vegetables | ¾ cup | 3 ¾ cups | See template for subgroup amounts. 1 cup leafy greens counts as ½ cup vegetable. |
| Meat/Meat Alternate | 1 oz. eq. | 8 oz. eq. | Contribution in oz. eq. is the cooked amount* 1.34 oz. raw ground beef (that is no more than 15% fat) yields 1 oz. cooked beef (provides 1 oz. eq. M/MA)
* ¼ cup cooked dry beans provides 1 oz. eq. M/MA

The following amounts of deli meat credit as 1 oz. eq. M/MA:* 1.22 oz. ham
* 1.4 oz. commercial turkey ham
* 1.6 oz. turkey deli meat
* 1.7 oz. commodity turkey ham
 |
| Grains | 1 oz. eq. | 8 oz. eq. | All grains offered must be whole grain or whole grain rich |
| Daily amount based on the weekly average: 550-650 calories; sodium < 1,230 mg; < 10% of total calories from saturated fat; 0 grams trans fat |

**INSTRUCTIONS:**

Your menu template will be reviewed by a Registered Dietitian for adequate components and acceptable products.

**Please send one of the following forms of documentation for each item that consists of 2 or more ingredients**:

* Recipe that includes the ingredients and ingredient amounts by weight and volume
* USDA-Authorized CN Label (provide a digital photo or photocopy of the CN Label and the nutrition facts with ingredient list), or
* Product formulation statement on manufacturer’s letterhead that demonstrates how the processed product contributes to the meal pattern requirement and digital photo or photocopy of the product’s nutrition facts with ingredient list.

**For each grain item, send one of the following forms of documentation:**

* Digital photo or photocopy of the product’s ingredient list showing whole grain as the primary ingredient by weight
* Digital photo or photocopy of the food label showing the amount of whole grain in grams for the appropriate NSLP/SBP serving size or one of the FDA whole-grain health claims
* USDA-Authorized CN Label
* Product formulation statement on manufacturer letterhead
* Recipe that includes the ingredients and ingredient amounts by weight and volume
* USDA Foods Fact Sheet (applicable for USDA Foods indicated as meeting the whole grain-rich criteria. Please note that fact sheets must be accompanied by acceptable manufacturer documentation if it is not clear that the item meets whole grain-rich criteria)
* For more information on grain crediting: [USDA Whole Grain Rich Resource](http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf)GG

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| Agreement # | Sponsor  | Contact Name | Grade Groups |
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| Components | Sep 3 | Sep 4 | Sep 5 | Sep 6 | Sep 7 |
| **Meat/Meat Alternates**Minimums:Day: 1 oz. Week: 8 oz.  | Item |  Holiday | Chicken Patty |  Meat Ball Subs |  Chicken Alfredo  | Cheese/Pepperoni Pizza /reduced Fat 1 slice |
| Portion  |  | 2 oz.  | 3.1 oz. |  2 0z. |  1 slice =4.6 oz. |
| Contribution (oz. eq.) |  |  2 M/MA |  2 M/MA | 2 M/MA | 2 M/MA |
| 2nd Item(If planned) |  |  |  |  |  |
| Portion  |  |  |  |  |  |
| Contribution (oz. eq.) |  |  |  |  |  |
| **Whole Grains/****Whole Grain Rich**Minimums:Day: 1 oz. Week: 8 oz.  | Item |  | WG Wheat Bun | Hoagie Bun | WR Rolls | WG Pizza Crust 2 0z. |
| Portion(Cooked pasta/rice in cups) |  | 1 Oz. e.g. grain. | 1 oz. . eg. grain | 1 0z. eg. gram | 2 oz. = 2 oz. eq. |
| Contribution (oz. eq.) |  | 1 oz |  |  | 1 oz. eq. |
| 2nd Item(If planned) |  |  |  | Fettuccini Noodles | Wheat Thins |
| Portion(Cooked pasta/rice in cups) |  |  |  |  | 3 oz |
| Contribution (oz. eq.) |  |  |  |  |  |
| **Fruits**Minimum:½ cup/day  | Item |   | Pineapples | Fruit Cocktail | Diced Peaches | Mandarin Oranges |
| Portion in cups |  | 1 cup | 1/4 cup | 1/4 cup | ¼ cup |
| 2nd Item(If planned) |  |  |  |  |  |
| Portion in cups |  |  |  |  |  |

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| Vegetables ¾ cup per day | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| **Dark Green**½ cup/week | Item |  |  |  | Romaine Lettuce |  |
| Portion in cups |  |  |  | 1 cup ( 1 cup credit Romaine or other dark Lettuce |  |
| **Red/Orange**¾ cup/week | Item |  | Red Beans |  Sweet Potato |  |  |
| Portion in cups |  | ½ cup | 1 cup |  |  |
| **Beans**½ cup/week | Item |   |  |  |  |  |
| Portion in cups |  |  |  |  |  |
| **Starchy**½ cup/week | Item |  | WGR Brown Rice( 2 0z. e.g. grain |  |  |  |
| Portion in cups |  | 2 oz. 0g. e.g. grain |  |  |  |
| **Other Vegetables**½ cup/week | Item |  |  | Tomato Sauce  |  | Carrots |
| Portion in cups |  |  |  ½ cup |  | 1 Cup |
| Other Foods | Item |  |  |   | Alfredo Sauce |  |
| Portion in cups |  |  |  | 2 oz |  |
| Condiments | Item |  |  |  | Tran-Fat Free Dressing | Tran-Fat Free Dressing |
| Portion size |  |  |  | 1 packet | 1 Packet  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | White | Chocolate | Strawberry | Other (specify) |
|  **Daily**  **Milk** | Fat Content | 1% or fat free | Fat Free | Fat Free |  |
| Fluid oz. | 8 fl. oz. | 8 fl. oz. | 8 fl. oz. |  |

Notes