How to Plan a Lunch Menu for the National School Lunch Program

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are encouraged to access professional development materials directly from the training library to prevent use of outdated content.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).**

Objectives

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

- understand how to read the NSLP Meal Pattern Chart;
- know how to plan lunches that meet the NSLP daily requirements; and,
- know how to review the weekly menu to ensure it meets the weekly requirements for the NSLP.

TRAINING HOURS

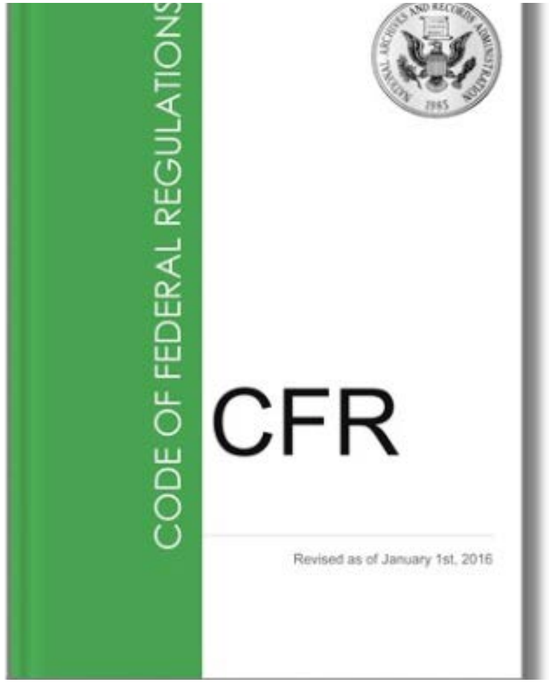
Information to include when documenting this training for Professional Standards:

Training Title: How to Plan a Lunch Menu for the National School Lunch Program

Key Area: 1000 - Nutrition

Learning Code: 1100

Length: 2.5 hours



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

It is recommended to review the information on the National School Lunch Program Webpage for additional help with understanding the guidance in the CFR.

Definitions

Component
One of five food groups that comprise reimbursable lunches. 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 meals that align with the National School Lunch Program 5-day meal pattern chart. There are also charts available for 3-Day, 4-Day, 6-Day, and 7-Day school lunch programs.

Introduction to the NSLP Meal Pattern

SECTION 1

Meal Pattern

NATIONAL SCHOOL LUNCH PROGRAM

In 2010, Congress passed the Healthy, Hunger-Free Kids Act, which revised the National School Lunch Program (NSLP) meal pattern. In 2024, USDA's Food and Nutrition Service (FNS) published the final rule titled, *Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans*, which is the next step in continuing the science-based improvement of school meals.

All SFAs receiving federal reimbursement for school meals are required to serve meals that meet these meal pattern guidelines.

This How-To Guide will review how to plan a weekly menu that meets the lunch meal pattern requirements.

31966 Federal Register / Vol. 89, No. 81 / Thursday, April 25, 2024 / Rules and Regulations

Federal Register / Vol. 89, No. 81 / Thursday, April 25, 2024 / Rules and Regulations 31965

31964 Federal Register / Vol. 89, No. 81 / Thursday, April 25, 2024 / Rules and Regulations

Federal Register / Vol. 89, No. 81 / Thursday, April 25, 2024 / Rules and Regulations 31963

31962 Federal Register / Vol. 89, No. 81 / Thursday, April 25, 2024 / Rules and Regulations

DEPARTMENT OF AGRICULTURE

Food and Nutrition Service

7 CFR Parts 210, 215, 220, 225, and 226

[FNS–2022–0043]

RIN 0584–AE88

Child Nutrition Programs: Meal Patterns Consistent With the 2020–2025 Dietary Guidelines for Americans

AGENCY: Food and Nutrition Service (FNS), Department of Agriculture (USDA).

ACTION: Final rule.

SUMMARY: This rulemaking finalizes long-term school nutrition requirements based on the goals of the *Dietary Guidelines for Americans, 2020–2025*, robust stakeholder input, and lessons learned from prior rulemakings. Notably, this rulemaking gradually phases in added sugars limits for the school lunch and breakfast programs and in the Child and Adult Care Food Program, updates total sugars limits for breakfast cereals and yogurt to added sugars limits. As a reflection of feedback from stakeholders, this final rule implements a single sodium reduction in the school lunch and breakfast programs and commits to studying the potential associations between sodium reduction and student participation in the school lunch and breakfast programs. This rulemaking addresses a variety of other school meal requirements, including establishing long-term milk and whole grain requirements. Finally, this rule includes provisions that strengthen Buy American requirements. While this rulemaking takes effect school year 2024–2025, the Department is gradually phasing in required changes over time. Program operators are not required to make any changes to their menus as a result of this rulemaking until school year 2025–2026 at the earliest.

DATES: This final rule is effective July 1, 2024. Phased-in implementation dates for required changes are addressed in the SUPPLEMENTARY INFORMATION section of this rule.

ADDRESSES: *Docket:* Go to the Federal eRulemaking Portal at *https://www.regulations.gov* for access to the rulemaking docket, including any background documents.

FOR FURTHER INFORMATION CONTACT: Andrea Farmer, Director, School Meals Policy Division—4th floor, Food and Nutrition Service, 1320 Braddock Place, Alexandria, VA 22314; telephone: 703–305–2054.

SUPPLEMENTARY INFORMATION:

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Table of Abbreviations

AFHK—Action for Healthy Kids
ADA—Americans with Disabilities Act
CACFP—Child and Adult Care Food Program
CNA—Child Nutrition Act
CN–OPS—Child Nutrition Operations Study
FAR—Federal Acquisitions Regulations
FDA—U.S. Food and Drug Administration
FNS—Food and Nutrition Service
HEI—Healthy Eating Index
HMI—Healthy Meals Incentives
ICN—Institute of Child Nutrition
NASEM—National Academies of Science, Engineering, and Medicine
NSLA—National School Lunch Act
NSLP—National School Lunch Program
SBP—School Breakfast Program
SFSP—Summer Food Service Program
SNAP—Supplemental Nutrition Assistance Program
SMP—Special Milk Program
SY—School Year
USDA—U.S. Department of Agriculture

Section 1: Background

On February 7, 2023, the U.S. Department of Agriculture (USDA) published *Child Nutrition Programs: Revisions to Meal Patterns Consistent With the 2020 Dietary Guidelines for Americans*[1] ("2023 proposed rule") to update the school meal pattern requirements based on a comprehensive review of the *Dietary Guidelines for Americans, 2020–2025* (Dietary Guidelines), robust stakeholder input on the school meal patterns, and lessons learned from prior rulemakings.[2] USDA is finalizing that proposed rule, with some modifications based on public input. This final rule is the next step in an ongoing effort toward healthier school meals that USDA and the broader school meals community have been partnering on for well over a decade.

Separately, on January 23, 2020, USDA published a proposed rule, *Simplifying Meal Service and Monitoring Requirements in the National School Lunch and School Breakfast Programs* ("the 2020 proposed rule").[3] As noted in the 2023 proposed meal pattern rule, based on public comment, USDA is finalizing certain meal pattern provisions from the 2020 proposed rule in this final rule.[4] The following sections address rule provisions that were included in the 2020 proposed rule:

- Section 6: Meats/Meat Alternates at Breakfast
- Section 12: Beans, Peas, and Lentils at Lunch
- Section 14: Meal Modifications
- Section 15: Clarification on Potable Water Requirements
- Section 16: Synthetic *Trans* Fats

Through this rulemaking, USDA is exercising broad discretion authorized by Congress to administer the school

For more information on the Final Rule, please visit USDA's webpage for Child Nutrition Program operators.

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., ¾ 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				
	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	
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 lunch 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				
	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	
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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Meal Pattern Chart

READING THE CHART

4

Vegetable Subgroup Requirements

There are weekly requirements for the Vegetable Subgroups. All subgroups, in the required amounts must be planned throughout the week.

5

Quantities at Point of Service

The chart includes rows that outline the quantities that must be on the students' trays at the Point Of Service (POS) for Serve Only and Offer Versus Serve.

The differences between Serve Only and Offer Versus Serve are not covered in this training. However, keep in mind that you are still required to plan the serving sizes listed in the Weekly (daily) row, regardless of meal service type.

5-Day Meal Pattern for NSLP

National School Lunch Program

5

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				
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	
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.

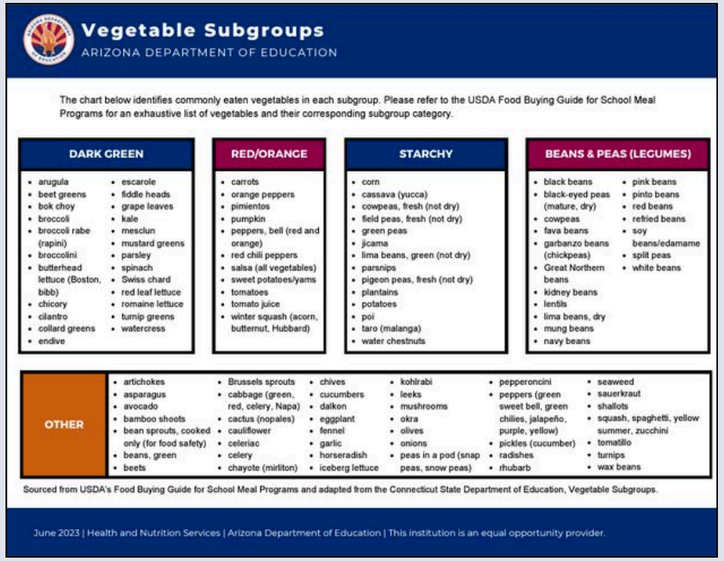
Component Requirements

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.

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	



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	RED/ORANGE	STARCHY	BEANS & PEAS (LEGUMES)
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	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)	corn cassava (yucca) cowpeas, fresh (not dry) field peas, fresh (not dry) green peas jicama lima beans, green (not dry) parsnips pigeon peas, fresh (not dry) plantains potatoes poi taro (malanga) water chestnuts	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 daikon 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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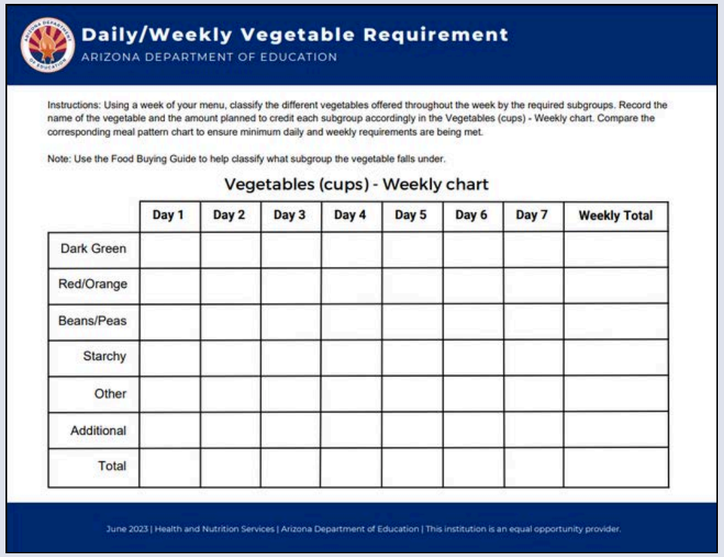
Vegetable SubGroups



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

Component Requirements

FLUID MILK

There should always be two varieties of milk offered. All fluid milk must be fat-free or low fat (1%). Milk may flavored or unflavored, but please note that unflavored milk must be offered as one of the two milk offerings each day.

FRUIT

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

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 [illegible] components in minimum required amounts, one [illegible] 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				
	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	
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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Planning the Lunch Menu

SECTION 2

Planning the Lunch Menu

STEPS TO CREATING A MENU FOR THE NSLP

- **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.

- **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. 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 Lunch Menu Planner Resource to complete this step.

Weekly Menu Planner

NATIONAL SCHOOL LUNCH PROGRAM

To assist and support menu planners build a compliant menu for the NSLP, 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.

Lunch 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 Lunch Menu: Example

In the following scenario, this school operates 5-days and serves students in grades K-8.

Select the Appropriate Meal Pattern Chart

Since (in this example) the school operates 5-days, select the 5-Day Meal Pattern Chart.

Determine Your Age Group

Since this school has students in grades K-8, plan this menu based on the K-8 grade group requirements.

Please note, in this circumstance, instead of choosing the K-8 option, an SFA could choose to plan two different menus: one for K-5 and one for 6-8.

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				
	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	
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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Planning a Lunch Menu: Example

In the following scenario, this school operates 5-days and serves students in grades K-8.

Select Food Items for Required Components

First, pick an entrée. For this example, Swedish Meatballs with Whole Grain Noodles were selected.

Using the 5-Day Meal Pattern Chart for K-8, it is identified that we must serve at least 1-ounce equivalent meat/meat alternate and at least 1 oz eq grain. Use the Food Buying Guide to determine the oz eq portion for the noodles (1/2 cup = 1 oz eq) and the CN Label to determine the serving size of the meatballs (4 meatballs = 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	Whole Grain Noodles 1/2 cup (1 oz eq)
Meat/Meat Alternate	Swedish Meatballs 4 meatballs (2 oz eq)
Fluid Milk	

Planning a Lunch Menu: Example

In the following scenario, this school operates 5-days and serves students in grades K-8.

Select Food Items for Required Components

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

According to the meal pattern, at least 1/2 cup of fruit should be offered every day, for a total of 2 1/2 cups every week. Please note, this amount applies to grades K-5, grades 6-8, or grades K-8.

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

For this example, we decide to serve 1/2 cup of applesauce, which credits as 1/2 cup fruit.

Monday	
Fruit	Applesauce 1/2 cup
Vegetable	
Whole Grain-Rich Grain	Whole Grain Noodles 1/2 cup (1 oz eq)
Meat/Meat Alternate	Swedish Meatballs 4 meatballs (2 oz eq)
Fluid Milk	

Planning a Lunch Menu: Example

In the following scenario, this school operates 5-days and serves students in grades K-8.

Select Food Items for Required Components

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

According to the meal pattern, at least 3/4 cup of vegetable should be offered every day, for a total of 3 3/4 cups every week. Please note, this amount applies to grades K-5, grades 6-8, or grades K-8.

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 3/4 cup of corn, which credits as 3/4 cup of vegetable from the starchy subgroup.

Monday	
Fruit	Applesauce 1/2 cup = 1/2 cup fruit
Vegetable	Corn 3/4 Cup (Starchy)
Whole Grain-Rich Grain	Whole Grain Noodles 1/2 cup (1 oz eq)
Meat/Meat Alternate	Swedish Meatballs 4 meatballs (2 oz eq)
Fluid Milk	

Quiz Time

True or False: A lunch menu 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 lunch menu 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 lunch 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 Lunch Menu: Example

In the following scenario, this school operates 5-days and serves students in grades K-8.

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. All fluid milk must be fat-free or low fat (1%). 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	Applesauce 1/2 cup = 1/2 cup fruit
Vegetable	Corn 3/4 Cup = 3/4 Cup Starchy Veg
Whole Grain-Rich Grain	Whole Grain Noodles 1/2 cup (1 oz eq)
Meat/Meat Alternate	Swedish Meatballs 4 meatballs (2 oz eq)
Fluid Milk	Fat-Free Unflavored: Fat-Free Chocolate: 1 cup= 1 cup milk

Quiz Time

Which of the following <u>does not</u> meet the meal pattern for milk varieties?

A **Fat-free and 1 % unflavored**

B **Fat-free chocolate and 1% unflavored**

C **Fat-free chocolate and 2% unflavored**

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 1 % unflavored**

B **Fat-free chocolate and 1% unflavored**

C **Fat-free chocolate and 2% unflavored**

D **Fat-free unflavored and 1% strawberry**

In the example above, 2% unflavored would not be allowable. Only fat-free or 1% flavored or unflavored milk can be offered in regards to fat content.

Planning a Lunch Menu: Example

In the following scenario, this school operates 5-days and serves students in grades K-8.

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 K-8 Meal Pattern Requirements:

- 1 oz eq grain
- 2 oz eq meat/meat alternate
- ½ cup fruit
- ¾ cup vegetable
- 1 cup milk, two varieties

Monday	
Fruit	Applesauce 1/2 cup = 1/2 cup fruit
Vegetable	Corn 3/4 Cup = 3/4 Cup Starchy Veg
Whole Grain-Rich Grain	Whole Grain Noodles 1/2 cup (1 oz eq)
Meat/Meat Alternate	Swedish Meatballs 4 meatballs (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 *Not required to meet weekly maximum	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 *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)			

Planning a Lunch Menu: Example

In the following scenario, this school operates 5-days and serves students in grades K-8.

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 Entrée - Tuesday

GRAIN, AND MEAT/MEAT ALTERNATE COMBINATION

Let's start with an entrée: Peanut Butter and Jelly Sandwich. This will provide grains from the bread, and meat/meat alternate from the peanut butter.

Using the recipe, FBG, and Exhibit A, the Peanut Butter and Jelly Sandwich will credit as: 1.5 oz eq of grain (whole grain-rich bread), and 1 oz eq meat/meat alternate (peanut butter). The jelly does not count toward a component.

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.
	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 *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
Entrée: Peanut Butter and Jelly Sandwich • 2 tbsp peanut butter = 1 oz eq meat/meat alternate • 2 slices bread = 1.5 oz eq grain

Planning the Fruit - Tuesday

FRUIT REQUIREMENTS

Let's plan 1/2 cup of 100% frozen grape juice 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
Entrée: Peanut Butter and Jelly Sandwich • 2 tbsp peanut butter = 1 oz eq meat/meat alternate • 2 slices bread = 1.5 oz eq grain
Fruit: Frozen Grape Juice • 1/2 cup = 1/2 cup fruit

Planning the Vegetable - Tuesday

VEGETABLE REQUIREMENTS

Let's plan celery and carrot sticks in a small cup with 1 ounce of fat free ranch dressing Tuesday.

According to the FBG, 3 carrot sticks (½ inch by 4 inch) is ¼ cup of vegetables, and 6 celery sticks (½ inch by 4 inch) will be ½ cup of vegetables.

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	

TUESDAY

Entrée:
Peanut Butter and Jelly Sandwich
- 2 tbsp peanut butter = 1 oz eq meat/meat alternate
- 2 slices bread = 1.5 oz eq grain

Fruit:
Frozen Grape Juice
- 1/2 cup = 1/2 cup fruit

Vegetable:
Veggie Dippers
- 6 celery sticks = 1/2 cup vegetable
- 3 carrot sticks = 1/4 cup vegetable
  - 3/4 cup vegetable total

Subgroup: Other and Red/Orange

Planning the Milk - Tuesday

FLUID MILK REQUIREMENTS

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)**	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.

TUESDAY
Entrée: Peanut Butter and Jelly Sandwich • 2 tbsp peanut butter = 1 oz eq meat/meat alternate • 2 slices bread = 1.5 oz eq grain
Fruit: Frozen Grape Juice • 1/2 cup = 1/2 cup fruit
Vegetable: Veggie Dippers • 6 celery sticks = 1/2 cup vegetable • 3 carrot sticks = 1/4 cup vegetable   ◦ 3/4 cup vegetable total **Subgroup: Other and Red/Orange**
Milk: Fat-Free Unflavored: Fat-Free Chocolate: • 1 cup= 1 cup milk

Meeting the Daily Requirements

TUESDAY

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

- 1.5 oz eq grain
- 1 oz eq meat/meat alternate
- ½ cup fruit
- ¾ cup vegetable
- 1 cup milk, two varieties

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

TUESDAY
Entrée: Peanut Butter and Jelly Sandwich • 2 tbsp peanut butter = 1 oz eq meat/meat alternate • 2 slices bread = 1.5 oz eq grain
Fruit: Frozen Grape Juice • 1/2 cup = 1/2 cup fruit
Vegetable: Veggie Dippers • 6 celery sticks = 1/2 cup vegetable • 3 carrot sticks = 1/4 cup vegetable   ◦ 3/4 cup vegetable total **Subgroup: Other and Red/Orange**
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 *Not required to meet weekly maximum	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 *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)			

Planning the Entrée - Wednesday

VEGETABLE, GRAIN, AND MEAT/MEAT ALTERNATE COMBINATION

Let's start with an entrée: Spaghetti with meat sauce. This will provide grains from the pasta, meat/meat alternate in the meat sauce, and vegetable in the tomato sauce.

The smallest amount of vegetable that can be credited is 1/8 cup. 1/4 cup of tomato sauce is planned in this entrée. Refer to the recipe and Exhibit A to determine how the pasta credits. Use the FBG, CN Label, or Product Formulation Statement to determine how the meat in the sauce will credit.

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.
	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 *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	

WEDNESDAY
Entrée: Spaghetti with Meat Sauce • 1.5 oz ground beef - 1 oz eq meat/meat alternate • 1 cup spaghetti - 2 oz eq grain • 1/4 cup tomato sauce - 1/4 cup vegetable

Planning the Fruit - Wednesday

FRUIT REQUIREMENTS

Let's plan 1/2 cup of canned peaches 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
Entrée: Spaghetti with Meat Sauce • 1.5 oz ground beef - 1 oz eq meat/meat alternate • 1 cup spaghetti - 2 oz eq grain • 1/4 cup tomato sauce - 1/4 cup vegetable
Fruit: Canned Peaches • 1/2 cup = 1/2 cup fruit

Planning the Vegetable - Wednesday

VEGETABLE REQUIREMENTS

Let's plan 1/2 cup of broccoli for Wednesday.

With the addition of broccoli, there is a total 3/4 cup of vegetable on Wednesday: 1/4 cup from the sauce and 1/2 cup from the broccoli. Broccoli is in the **dark green** subgroup, tomato sauce is in the **red/orange** 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		
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	

WEDNESDAY
Entrée: Spaghetti with Meat Sauce • 1.5 oz ground beef - 1 oz eq meat/meat alternate • 1 cup spaghetti - 2 oz eq grain • 1/4 cup tomato sauce - 1/4 cup vegetable - **Subgroup: Red/Orange**
Fruit: Canned Peaches • 1/2 cup = 1/2 cup fruit
Vegetable: Broccoli • 1/2 cup = 1/2 cup vegetable - **Subgroup: Dark Green**

Planning the Milk - Wednesday

FLUID MILK REQUIREMENTS

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)**	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.

WEDNESDAY
Entrée: Spaghetti with Meat Sauce • 1.5 oz ground beef - 1 oz eq meat/meat alternate • 1 cup spaghetti - 2 oz eq grain • 1/4 cup tomato sauce - 1/4 cup vegetable - **Subgroup: Red/Orange**
Fruit: Canned Peaches • 1/2 cup = 1/2 cup fruit
Vegetable: Broccoli • 1/2 cup = 1/2 cup vegetable - **Subgroup: Dark Green**
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 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.**

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 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.**

The minimum amount that can credit towards the vegetable requirement is 1/8 cup. Refer to vegetable notes on the meal pattern chart for a reminder about this guidance.

Meeting the Daily Requirements

WEDNESDAY

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

- 2 oz eq grain
- 1 oz eq meat/meat alternate
- ½ cup fruit
- ¾ cup vegetable
- 1 cup milk, two varieties

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

WEDNESDAY
Entrée: Spaghetti with Meat Sauce • 1.5 oz ground beef - 1 oz eq meat/meat alternate • 1 cup spaghetti - 2 oz eq grain • 1/4 cup tomato sauce - 1/4 cup vegetable - **Subgroup: Red/Orange**
Fruit: Canned Peaches • 1/2 cup = 1/2 cup fruit
Vegetable: Broccoli • 1/2 cup = 1/2 cup vegetable - **Subgroup: Dark Green**
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 *Not required to meet weekly maximum	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 *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)			

Planning the Entrée - Thursday

VEGETABLE, GRAIN, AND MEAT/MEAT ALTERNATE COMBINATION

Let's start with an entrée: Beef and cheese burrito on a whole-grain rich tortilla, with a side of salsa.

Refer to the FBG and Exhibit A to credit beef, cheese, and tortillas. This burrito recipe credits as 2.0 oz eq meat/meat alternate and 2.0 oz eq grain. The ¼ cup salsa credits as a vegetable as well.

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.
	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 *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
Entrée: Beef and Cheese Burrito • 1.5 oz beef = 1 oz eq meat/meat alternate • 1/4 cup cheese = 1 oz eq meat/meat alternate • 2 oz tortilla - 2 oz eq grain • 1/4 cup salsa = 1/4 cup vegetable

Planning the Fruit - Thursday

FRUIT REQUIREMENTS

Let's plan 1/2 cup of fresh orange wedges 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
Entrée: Beef and Cheese Burrito • 1.5 oz beef = 1 oz eq meat/meat alternate • 1/4 cup cheese = 1 oz eq meat/meat alternate • 2 oz tortilla - 2 oz eq grain • 1/4 cup salsa = 1/4 cup vegetable
Fruit: Orange Wedges • 1/2 cup = 1/2 cup fruit

Planning the Vegetable - Thursday

VEGETABLE REQUIREMENTS

Let's plan 3/4 cup of black beans for Thursday.

Beans can be planned as a legume or as a meat/meat alternate, but not both. These black beans will be counted towards the vegetable requirement. Black beans are in the **beans/peas** subgroup, salsa is in the **red/orange** 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		
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	

THURSDAY
Entrée: Beef and Cheese Burrito • 1.5 oz beef = 1 oz eq meat/meat alternate • 1/4 cup cheese = 1 oz eq meat/meat alternate • 2 oz tortilla - 2 oz eq grain • 1/4 cup salsa = 1/4 cup vegetable - **Subgroup: Red/Orange**
Fruit: Orange Wedges • 1/2 cup = 1/2 cup fruit
Vegetable: Black Beans • 3/4 cup = 3/4 cup vegetable - **Subgroup: Beans/Peas**

Quiz Time

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.**

Quiz Time

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 legume vegetable subgroup or towards the meat/meat alternate component. However, the planner must decide which it will count towards and plan the rest for the menu accordingly.

Planning the Milk - Thursday

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)**	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.

THURSDAY
Entrée: Beef and Cheese Burrito • 1.5 oz beef = 1 oz eq meat/meat alternate • 1/4 cup cheese = 1 oz eq meat/meat alternate • 2 oz tortilla - 2 oz eq grain • 1/4 cup salsa = 1/4 cup vegetable - **Subgroup: Red/Orange**
Fruit: Orange Wedges • 1/2 cup = 1/2 cup fruit
Vegetable: Black Beans • 3/4 cup = 3/4 cup vegetable - **Subgroup: Beans/Peas**
Milk: Fat-Free Unflavored: Fat-Free Chocolate: • 1 cup= 1 cup milk

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
- ½ cup fruit
- 1 cup vegetable
- 1 cup milk, two varieties

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

THURSDAY

Entrée:
Beef and Cheese Burrito
- 1.5 oz beef = 1 oz eq meat/meat alternate
- 1/4 cup cheese = 1 oz eq meat/meat alternate
- 2 oz tortilla - 2 oz eq grain
- 1/4 cup salsa = 1/4 cup vegetable - **Subgroup: Red/Orange**

Fruit:
Orange Wedges
- 1/2 cup = 1/2 cup fruit

Vegetable:
Black Beans
- 3/4 cup = 3/4 cup vegetable - **Subgroup: Beans/Peas**

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 *Not required to meet weekly maximum	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 *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)			

Planning the Entrée - Friday

GRAIN, AND MEAT/MEAT ALTERNATE COMBINATION

Let's start with an entrée: Chicken Nuggets

According to the CN Label on the box of nuggets, 4 nuggets is 1.5 oz eq meat/meat alternate, and .25 oz grain (from the whole grain-rich breading)

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.
	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 *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	

FRIDAY
Entrée: Chicken Nuggets • 4 each chicken nugget - 1.5 oz eq meat/meat alternate and .25 oz eq grain

Planning the Sides- Friday

GRAIN, AND GRAIN-BASED DESSERT

Let's plan 1 roll to go with the nuggets. According to Exhibit A and the label on the package, the rolls are 1 oz eq grain.

The meal pattern allows up to 2 oz eq to be from a grain-based dessert. As a treat, a 0.75 oz eq whole grain-rich cookie will be offered on Friday.

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.
	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 *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	

FRIDAY
Entrée: Chicken Nuggets • 4 each chicken nugget - 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • 1 each roll - 1 oz eq grain • 1 each cookie - 0.75 oz eq grain

Planning the Fruit - Friday

FRUIT REQUIREMENTS

Let's plan 1/4 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 1/4 cup will credit as 1/2 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
Entrée: Chicken Nuggets • 4 each chicken nugget - 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • 1 each roll - 1 oz eq grain • 1 each cookie - 0.75 oz eq grain
Fruit: Dried Cranberries • 1/4 cup = 1/2 cup fruit

Planning the Vegetable - Friday

VEGETABLE REQUIREMENTS

Let's plan 3/4 cup fresh cooked green beans on Friday.

Green beans are in the **other** 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		
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	

FRIDAY
Entrée: Chicken Nuggets • 4 each chicken nugget - 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • 1 each roll - 1 oz eq grain • 1 each cookie - 0.75 oz eq grain
Fruit: Dried Cranberries • 1/4 cup = 1/2 cup fruit
Vegetable: Green Beans • 3/4 cup = 3/4 cup vegetable - **Subgroup: Other**

Planning the Milk - Friday

FLUID MILK REQUIREMENTS

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)**	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.

FRIDAY
Entrée: Chicken Nuggets • 4 each chicken nugget - 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • 1 each roll - 1 oz eq grain • 1 each cookie - 0.75 oz eq grain
Fruit: Dried Cranberries • 1/4 cup = 1/2 cup fruit
Vegetable: Green Beans • 3/4 cup = 3/4 cup vegetable - **Subgroup: Other**
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
- 1.5 oz eq meat/meat alternate
- ½ cup fruit
- ¾ cup vegetable
- 1 cup milk, two varieties

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

FRIDAY
Entrée: Chicken Nuggets • 4 each chicken nugget - 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • 1 each roll - 1 oz eq grain • 1 each cookie - 0.75 oz eq grain
Fruit: Dried Cranberries • 1/4 cup = 1/2 cup fruit
Vegetable: Green Beans • 3/4 cup = 3/4 cup vegetable - **Subgroup: Other**
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 *Not required to meet weekly maximum	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 *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)			

Meeting the Weekly Requirements

SECTION 4

Meeting Weekly Requirements

FRUIT

According to the meal pattern chart, **2 1/2** cups of fruit should be planned throughout the week.

Add each daily serving:

- 1/2 cup on Monday,
- 1/2 cup on Tuesday,
- 1/2 cup on Wednesday,
- 1/2 cup on Thursday,
- 1/2 cup on Friday,

The total amount of fruit planned is **2 1/2** cups. This meets the weekly minimum requirement!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Fruit: Applesauce: • ½ cup = ½ cup fruit	**Fruit:** Frozen Grape Juice • 1/2 cup = 1/2 cup fruit	**Fruit:** Canned Peaches • 1/2 cup = 1/2 cup fruit	**Fruit:** Orange Wedges • 1/2 cup = 1/2 cup fruit	**Fruit:** Dried Cranberries • 1/4 cup = 1/2 cup fruit	**2 1/2 cups total**

Meeting Weekly Requirements

VEGETABLE

According to the meal pattern chart, **3-3/4** cups of vegetable should be planned throughout the week.

Add each daily serving:

- 3/4 cup on Monday
- 3/4 cup on Tuesday
- 3/4 cup on Wednesday
- 1 cup on Thursday
- 3/4 cup on Friday

The total amount of vegetables planned is **4** cups. This meets the weekly minimum requirement!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Vegetable: • Corn: ¾ cup = ¾ cup vegetable **Subgroup:** Starchy	**Vegetable:** Veggie Dippers • 6 celery sticks = 1/2 cup vegetable • 3 carrot sticks = 1/4 cup vegetable ◦ 3/4 cup vegetable total **Subgroup:** Other and Red/Orange	**Vegetable:** Broccoli • 1/2 cup = 1/2 cup vegetable **Subgroup:** Dark Green)	**Vegetable:** Black Beans • 3/4 cup = 3/4 cup vegetable **Subgroup**: Beans/Peas	**Vegetable:** Green Beans • 3/4 cup = 3/4 cup vegetable **Subgroup**: Other	**4 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 *1/2 cup required*			*1/2 cup broccoli*			
Red/Orange *3/4 cup required*		*1/4 cup carrots*	*1/4 cup tomato sauce*	*1/4 cup salsa*		
Beans/Peas *1/2 cup required*				*3/4 cup black beans*		
Starchy *1/2 cup required*	*3/4 cup corn*					
Other *1/2 cup required*		*1/2 cup celery*			*3/4 cup green beans*	

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!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Dark Green *1/2 cup required*			*1/2 cup broccoli*			**1/2 cup**
Red/Orange *3/4 cup required*		*1/4 cup carrots*	*1/4 cup tomato sauce*	*1/4 cup salsa*		**3/4 cup**
Beans/Peas *1/2 cup required*				*3/4 cup black beans*		**3/4 cup**
Starchy *1/2 cup required*	*3/4 cup corn*					**3/4 cup**
Other *1/2 cup required*		*1/2 cup celery*			*3/4 cup green beans*	**1 1/4 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

GRAINS

According to the meal pattern chart, **8** oz eq. of grains should be planned throughout the week. Add the daily servings:

- 1 oz eq on Monday,
- 1.5 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 **8.5** oz eq. This meets the weekly minimum requirement!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Entrée: Swedish Meatballs: • 4 each = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: • ½ cup = 1 oz eq grain	**Entrée:** Peanut Butter and Jelly Sandwich • 2 tbsp peanut butter = 1 oz eq meat/meat alternate • 2 slices bread = 1.5 oz eq grain	**Entrée:** Spaghetti with Meat Sauce • 1.5 oz ground beef = 1 oz eq meat/meat alternate • 1 cup spaghetti = 2 oz eq grain • 1/4 cup tomato sauce = 1/4 cup vegetable **Subgroup:** Red/Orange	**Entrée:** Beef and Cheese Burrito • 1.5 oz beef = 1 oz eq meat/meat alternate • 1/4 cup cheese = 1 oz eq meat/meat alternate • 2 oz tortilla = 2 oz eq grain • 1/4 cup salsa = 1/4 cup vegetable **Subgroup:** Red/Orange	**Entrée:** Chicken Nuggets • 4 each chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • 1 each roll = 1 oz eq grain • 1 each cookie = 0.75 oz eq grain	**8.5 oz eq total** (Grain)

Meeting Weekly Requirements

MEAT/MEAT ALTERNATE

According to the meal pattern chart, at least **9** oz eq of meat/meat alternate should be planned throughout the week. Add the daily servings:

- 2 oz eq on Monday,
- 1 oz eq on Tuesday,
- 1 oz eq on Wednesday,
- 2 oz eq on Thursday,
- 1/5 oz eq on Friday,

The total amount of meat/meat alternate planned is **7.5** oz eq. <u>This does not the weekly minimum requirement.</u>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Entrée: Swedish Meatballs: • 4 each = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: • ½ cup = 1 oz eq grain	**Entrée:** Peanut Butter and Jelly Sandwich • 2 tbsp peanut butter = 1 oz eq meat/meat alternate • 2 slices bread = 1.5 oz eq grain	**Entrée:** Spaghetti with Meat Sauce • 1.5 oz ground beef = 1 oz eq meat/meat alternate • 1 cup spaghetti = 2 oz eq grain • 1/4 cup tomato sauce = 1/4 cup vegetable **Subgroup:** Red/Orange	**Entrée:** Beef and Cheese Burrito • 1.5 oz beef = 1 oz eq meat/meat alternate • 1/4 cup cheese = 1 oz eq meat/meat alternate • 2 oz tortilla = 2 oz eq grain • 1/4 cup salsa = 1/4 cup vegetable **Subgroup:** Red/Orange	**Entrée:** Chicken Nuggets • 4 each chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • 1 each roll = 1 oz eq grain • 1 each cookie = 0.75 oz eq grain	**8.5 oz eq total** (Grain) **7.5 oz eq total** (Meat/Meat Alternate)

Meeting Weekly Requirements

MEAT/MEAT ALTERNATE

Adding more ground beef to the spaghetti sauce for Wednesday will increase the weekly meat/meat alternate total. Planning to serve **2.5** oz eq of ground beef meets daily and weekly requirements! Remember to use the FBG, CN labels or the Product Formulation Statement to determine the portion size of meat that should be served to meet the requirements.

Serving more ground beef on Wednesday, increases the meat/meat alternate total to **9.5** oz eq which meets the weekly minimum for grades K-8!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
Entrée: Swedish Meatballs: • 4 each = 2 oz eq meat/meat alternate Whole Grain-Rich Pasta: • ½ cup = 1 oz eq grain	**Entrée:** Peanut Butter and Jelly Sandwich • 2 tbsp peanut butter = 1 oz eq meat/meat alternate • 2 slices bread = 1.5 oz eq grain	**Entrée:** Spaghetti with Meat Sauce • **3.5 oz ground beef = 2.5 oz eq meat/meat alternate** • 1 cup spaghetti = 2 oz eq grain • 1/4 cup tomato sauce = 1/4 cup vegetable **Subgroup:** Red/Orange	**Entrée:** Beef and Cheese Burrito • 1.5 oz beef = 1 oz eq meat/meat alternate • 1/4 cup cheese = 1 oz eq meat/meat alternate • 2 oz tortilla = 2 oz eq grain • 1/4 cup salsa = 1/4 cup vegetable **Subgroup:** Red/Orange	**Entrée:** Chicken Nuggets • 4 each chicken nugget = 1.5 oz eq meat/meat alternate and .25 oz eq grain Sides: • 1 each roll = 1 oz eq grain • 1 each cookie = 0.75 oz eq grain	**8.5 oz eq total** (Grain) **9.5 oz eq total** (Meat/Meat Alternate)

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, NSLP menus 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**				

National School Lunch Program Menu Planning Tips

SECTION 6

Menu Planning Tips

Color and Variety
Try to plan lunches that 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 bring 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 NSLP Program Forms and Resources webpage under the “Menu Planning” accordion for tools and resources to help plan and review menus.

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 Lunch Menu for the National School Lunch Program

Information to include when documenting this training for Professional Standards:

Training Title:
How to Plan a Lunch Menu

Key Area: 1000 – Nutrition

Learning Code: 1100

Length: 2.5 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.

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 Lunch Menu for the National School Lunch Program

Key Area: 1000 – Nutrition

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