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| **Meal Components** | **Minimum Per Day** | **Minimum Per Week** | **Notes** |
| **Milk** | **1 cup** | **5 cups** | A minimum of two choices must be offered from: * Fat-free flavored and unflavored milks and/or
* Low-fat (1%) flavored and unflavored milks

Unflavored milk must be offered at every meal. |
| **Fruit** | **1 cup** | **5 cups** | May be 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 of dried fruit credits as ½ cup fruit.100% (full-strength) fruit and vegetable juices are creditable ounce-for-ounce but no more than half of the fruit offerings planned for both breakfast and lunch may be in the form of juice.  |
| **Vegetables** | **1 cup** | **5 cups** | See template for minimum weekly subgroup amounts. 1 cup of leafy green vegetables credits as ½ cup vegetable. |
| **Meat/Meat Alternate** | **2 oz. eq.** | **10 oz. eq.** | Contribution in oz. eq. is the cooked amount. The following provide 2 oz. eq. M/MA:* 2 ounces lean meat, poultry, fish or cheese (\*most cheeses credit ounce-for-ounce)
* ½ cup ricotta or cottage cheese or shredded cheese (e.g. American, mozzarella or cheddar)
* ½ cup cooked dry beans or peas
* 1 cup yogurt
* 1 large egg
* 4 tablespoons peanut or other nut or seed butters
 |
| **Grains** | **2 oz. eq.** | **10 oz. eq.** | 80% of the grains offered must be whole grain or whole grain rich.Cooked cereals/grains should be listed in cups (e.g. pasta, rice).More information on crediting grains can be found in the [USDA Food Buying Guide](https://foodbuyingguide.fns.usda.gov/FoodComponents/ResourceGrains) and [Tools for Schools](https://www.fns.usda.gov/cn/tools-schools-serving-whole-grain-rich) |
| Daily amount based on the weekly average: 750-850 calories; sodium < 1,420 mg; < 10% of total calories from saturated 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, serving size and total yield (number of servings)
* 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 or
* Recipe that includes the ingredients and ingredient amounts by weight and volume

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| **Sponsor #** | **Sponsor**  | **Contact Name** | **Grade Group: 9-12** |
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|  |  | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** |
| **COMPONENTS ↓**  | **MENU NAME →** |  |  |  |  |  |
| **Meat/Meat Alternates**Daily minimum:2 oz. eq.Weekly minimum:10 oz. eq. | Item |  |  |  |  |  |
| Portion  |  |  |  |  |  |
| Contribution (oz. eq.) |  |  |  |  |  |
| 2nd Item (If planned) |  |  |  |  |  |
| Portion  |  |  |  |  |  |
| Contribution (oz. eq.) |  |  |  |  |  |
| **Grains** Daily minimum:2 oz. eq.Weekly minimum:10 oz. eq. | Item |  |  |  |  |  |
| Portion |  |  |  |  |  |
| Contribution (oz. eq.) |  |  |  |  |  |
| 2nd Item (If planned) |  |  |  |  |  |
| Portion |  |  |  |  |  |
| Contribution (oz. eq.) |  |  |  |  |  |
| **Fruits**If planned, 100% Juice can be *no more than ½ of total* (e.g. ½ cup)Daily minimum:1 cup | Item |  |  |  |  |  |
| Portion in cups |  |  |  |  |  |
| 2nd Item (If planned) |  |  |  |  |  |
| Portion in cups |  |  |  |  |  |
| **Vegetables Minimum 1 cup per day** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** |
| **Dark Green**Weekly minimum:1/2 cup | Item |  |  |  |  |  |
| Portion in cups |  |  |  |  |  |
| **Red/Orange**Weekly minimum:1-1/4 cup | Item |  |  |  |  |  |
| Portion in cups |  |  |  |  |  |
| **Beans, Peas & Lentils**Weekly minimum:1/2 cup | Item |  |  |  |  |  |
| Portion in cups |  |  |  |  |  |
| **Starchy**Weekly minimum:1/2 cup | Item |  |  |  |  |  |
| Portion in cups |  |  |  |  |  |
| **Other Vegetables**Weekly minimum:3/4 cup | Item |  |  |  |  |  |
| Portion in cups |  |  |  |  |  |
| Other Foods | Item |  |  |  |  |  |
| Portion in cups |  |  |  |  |  |
| Condiments | Item |  |  |  |  |  |
| Portion size |  |  |  |  |  |

**\*\*Vegetables from any subgroup are creditable as an additional vegetable.** Additional vegetable requirements: 1 ½ cups per week for grades 9-12.

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| **Daily Milk** | **White** | **Chocolate** | **Strawberry** | **Other (specify)** |
| Fat content |  |  |  |  |
| Fluid oz. |  |  |  |  |

Notes